

SUPPLEMENTARY WORKSHEETS

A number of photocopiable supplementary worksheets for use during the delivery of this **Wired For Well-Being** programme have been included in this book and are available to download on the digital companion page at www.otb.ie/w4w-b

SW1 - Well-Being Self-Assessment (page 58)

Complete this worksheet to identify any areas to work on over the course of the programme. At the end of the programme complete it again and reflect on the progress you have made.

SW2 - Recognise and Reframe (page 59)

Use this worksheet to **Recognise** and **Reframe** any of your **Automatic Negative Thoughts (ANTS)**.

SW3 - Unrealistic Images of Perfection (page 60)

Choose a current media advert which contains unrealistic images of perfection and analyse it.

SW4 - Emotions List (page 61)

Use this table of emotions, in addition to the **Wheel Of Emotions**, to help you to identify how you are feeling whenever you need to.

SW5 - My Character Strengths (page 62)

Design and colour this sheet to display your strengths. Write your name in the centre and your top 5 **Character Strengths** around it.

SW6 - Connect and Uplift (page 63)

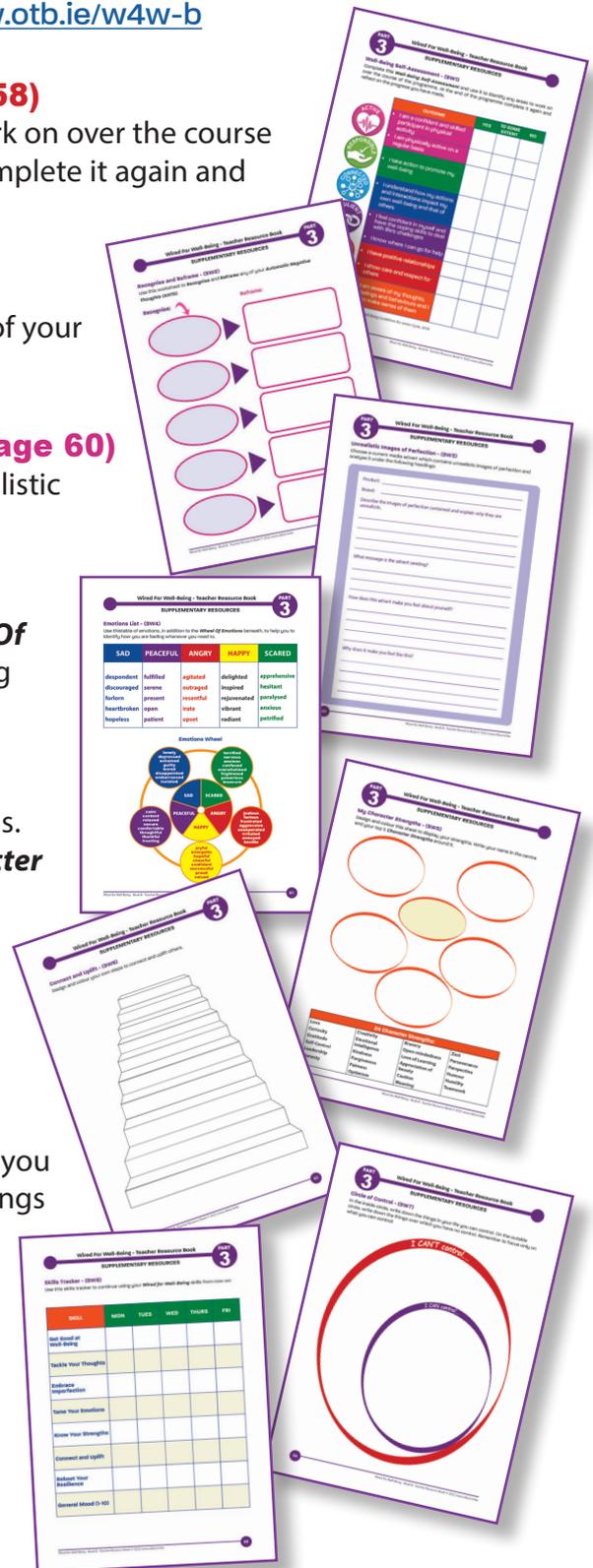
Design and colour your own steps to connect and uplift others.

SW7 - Circle of Control (page 64)

In the inside circle, write down the things in your life you can control. On the outside circle, write down the things over which you have no control. Remember to focus only on what you can control!

SW8 - Skills Tracker (page 65)

Use this skills tracker to continue using your **Wired for Well-Being** skills from now on!



Unrealistic Images of Perfection - (SW3)

Choose a current media advert which contains unrealistic images of perfection and analyse it under the following headings:

Product: _____

Brand: _____

Describe the images of perfection contained and explain why they are unrealistic.

What message is the advert sending?

How does this advert make you feel about yourself?

Why does it make you feel like this?

