



## SELF-AWARENESS

One aspect of self-awareness is the ability to observe our own thinking.

Our brains are not very good at determining what's true and just what we believe is true.

All of our emotions, even negative ones, are just sources of information for us. They turn up to try to let us know that there's something about our environment or something about a situation we're in and we need to know how to feel about that.

Being able to sit back and observe our feelings non-judgementally and not get swept away by them can show us where they might be coming from, our thinking behind them, and what we can do to ourselves in a kind way to navigate them.

*These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.*

