

SELF-AWARENESS

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

The way we live our reality is through the narrative we have in our brains and what we tell ourselves is going on.

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 please always seek additional support and advice from your safeguarding lead.