

# IT'S A PLAYGROUND - IT'S A STATE OF MIND

## OUR TOP 5 IAP STATE OF MIND (MINDSET TIPS)

1. MAKE TIME FOR PLAY, CURIOSITY AND FIERCE SELF-COMPASSION
2. BE YOUR OWN THOUGHT PT/ COACH (NOT JUST REACTIVE, BUT PROACTIVE TOO)
3. PRACTICE GRATITUDE
4. REDIRECT YOUR ATTENTION TO THINGS IN YOUR CONTROL
5. EMBRACE CHANGE AND THE POWER OF YET

WHAT ARE YOUR FIRST JOYOUS MEMORIES OF PLAY?

WHAT TYPE OF PLAY DO YOU REMEMBER ENJOYING MOST IN YOUR CHILDHOOD?

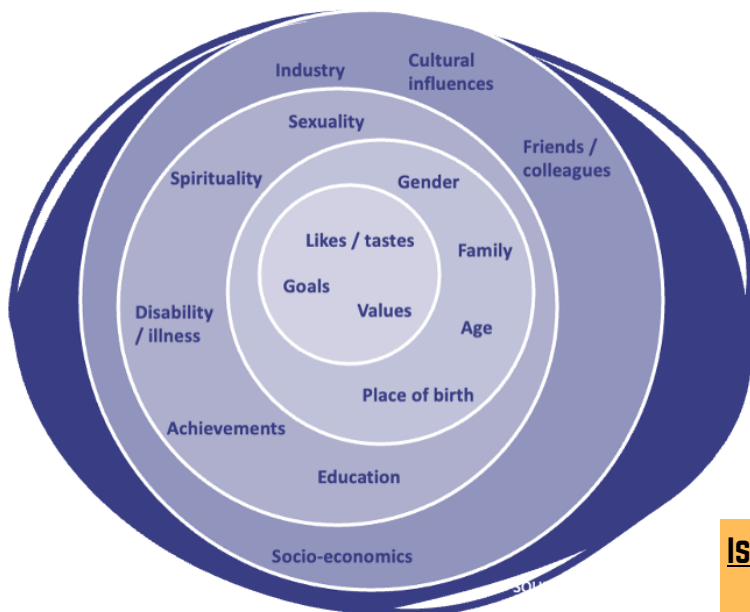
WHAT PLAY DO YOU ENJOY NOW?

HOW DO YOU MAKE SURE YOU MAKE TIME FOR PLAY?

### YOUR PLAY-LIST

- 1.
- 2.
- 3.

WHO CAN YOU SHARE YOUR PLAYLIST WITH?



### FRAME OF REFERENCE OUR WINDOW ON THE WORLD

THE WAY WE VIEW THE WORLD IS INFLUENCED BY MANY FACTORS, HOWEVER WE HAVE THE POWER TO PRACTICE A HELPFUL WAY OF THINKING AND BE MORE MINDFUL OF OUR MINDSET AND THE IMPACT IT HAS ON OUR FEELINGS AND BEHAVIOURS.

IS THE MINDSET YOU HAVE TODAY, AN EMPOWERING MINDSET?

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## OUR THOUGHTS IMPACT OUR FEELINGS AND BEHAVIOUR

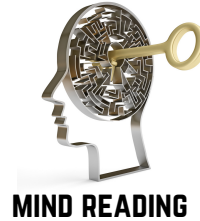
*"It is not the things in themselves that trouble us, but the opinions we hold on these things."*

*Epictetus*

## BE AWARE OF NEGATIVE THINKING PATTERNS



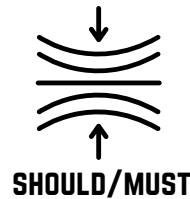
DISQUALIFY  
THE POSITIVE



PERSONALISATION



EMOTIONAL REASONING



## WHICH THINKING PATTERNS DO YOU RELATE TO?

## ARE THERE ANY TIMES/SITUATIONS WHERE YOUR NEGATIVE THOUGHTS ARE MORE LOUD/FREQUENT?

## CATCH THEN CHALLENGE UNHELPFUL NEGATIVE THOUGHTS

### TURN DOWN THE

**H**ELPFULNESS

Is this thought helpful to me?  
Is it going to help me achieve my goals?

**E**VIDENCE

Am I confusing a fact with an opinion?  
What is the evidence for the negative thought?  
What is the evidence against the negative thought?

**A**LTERNATIVE  
PERSPECTIVES

If a good friend knew I were having this thought, what would they say to me?  
If someone I loved had this thought, what would I tell them?  
Five years from now, if I look back on this situation, will I look at it any differently?

**T**HINKING  
BIASES

Am I catastrophising?  
Am I thinking in all-or-nothing terms?  
Am I focussing solely on the negatives?

ON NEGATIVE THINKING

SELF-TALK OFTEN FEELS LIKE IT'S A FACT, WHEN IT'S OFTEN SIMPLY A BIASED OPINION OR JUST ONE WAY OF THINKING ABOUT A SITUATION.

OUR THOUGHTS ABOUT A SITUATION CAN CAUSE OR ELONGATE DISTRESS AND CAN HAVE A NEGATIVE IMPACT ON OUR MOOD AND BEHAVIOUR.

IF YOU'RE EXPERIENCING NEGATIVE THOUGHTS, CHANCES ARE YOUR SELF-TALK IS STUCK ON A DOWNWARD SLOPE. THE MORE WE PRACTICE THIS WAY OF THINKING, THE BETTER WE GET AT IT.

LEARNING TO CHALLENGE THIS GROWING HABIT MIGHT TAKE TIME AND PRACTICE, BUT IT'S WORTH THE EFFORT.

THE FIRST STEP IS TO NOTICE THE NEGATIVE THOUGHT AND SIMPLY QUESTION IT.

THE METHOD OF "TURNING DOWN THE HEAT" ON NEGATIVE THINKING CONTAINS TIPS ON HOW TO ANALYSE AND CHALLENGE THESE THOUGHTS AND START REPLACING THE NEGATIVITY WITH BALANCE AND PERHAPS EVEN POSITIVITY.

PRACTICING THIS CAN HAVE A PROFOUND IMPACT ON OUR RESILIENCE AND WELLBEING.

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## MAKING MINDFUL CHOICES ABOUT WHAT MINDSET WE CHOOSE TO ENTER SITUATIONS WITH CAN BE A GAME CHANGER

### HOW OFTEN DO YOU ENTER A SITUATION OR EXPERIENCE BEING AWARE OF YOUR MINDSET?

- ALL THE TIME?
- NEVER
- 50% OF THE TIME
- I'VE NEVER THOUGHT ABOUT IT
- SOMETHING ELSE?

### WHAT ARE SOME UPCOMING EXPERIENCES YOU THINK WILL BE BORING/ FRUSTRATING OR CHALLENGING IN SOME WAY?

### WHAT MINDSET WOULD YOU LIKE TO GO INTO THESE SITUATIONS WITH TO ENHANCE THE EXPERIENCE?

## HOW CAN WE PRACTICE GRATITUDE?

- REFLECT ON 3 THINGS YOU'RE GRATEFUL FOR (FOR RE-FOCUS)
- KEEP A GRATITUDE JOURNAL
- WRITE A GRATITUDE LETTER
- GRATITUDE JAR (NOTES OR COINS)
- HELPING OTHERS

### WHAT ARE THREE THINGS YOU ARE GRATEFUL FOR TODAY?

### WHAT IS ONE GOOD THING THAT'S HAPPENED THIS WEEK?

### IS THERE ANYONE I COULD THANK?

TODAY I'M  
*grateful*  
FOR

\_\_\_\_\_

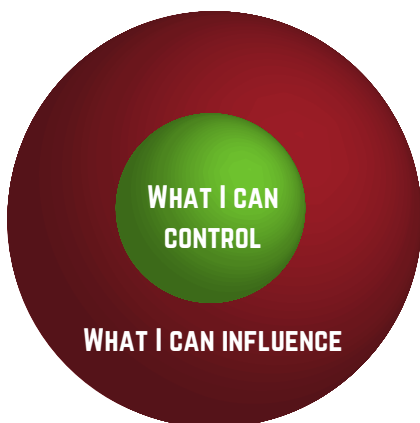
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## CIRCLES OF INFLUENCE AND CONCERN

-ADAPTED FROM CONCEPT BY STEPHEN COVEY



EVERYTHING ELSE

### WHAT EXACTLY IS IT THAT IS CONCERNING ME RIGHT NOW?

OF THOSE THINGS CONCERNING ME, WHAT IS IN MY CONTROL (I CAN DO SOMETHING ABOUT)?

OF THOSE THINGS CONCERNING ME, WHAT CAN'T I CONTROL AND NEED TO ACCEPT?

HOW CAN I RE-DIRECT MY ENERGY AND ATTENTION TOWARDS THOSE THINGS IN MY CONTROL?

# IT'S A PLAYGROUND - IT'S A STATE OF MIND

*If you change the way you look at things, the things you look at change.*

*Wayne Dyer*

## SOME THINGS TO CONSIDER:

THE WAY WE VIEW CHANGE AND HOW WE APPROACH IT CAN EITHER SUPPORT OR HINDER OUR RESILIENCE

THE WAY WE VIEW OUR OWN PERSONAL ABILITIES AND POTENTIAL FOR GROWTH CAN HAVE GRAND IMPACTS ON WHAT WE ACHIEVE AND HOW WE LIVE OUR LIVES.

## HOW DO YOU VIEW CHANGE OR CHALLENGE?

## IS THIS THE SAME MINDSET FOR ALL ASPECTS OF YOUR LIFE?

## DO YOU FIND SOME AREAS OF YOUR LIFE EASIER OR MORE DIFFICULT TO ADOPT A GROWTH MINDSET? IF SO, WHY DO YOU THINK THIS IS?

## WHEN WE NAVIGATE CHALLENGES/ CHANGE/ NEW PATHWAYS, WE OFTEN INCUR A STRESS RESPONSE, HOW DO YOU VIEW STRESS? DO YOU THINK THIS IS HELPFUL?


## HOW CAN YOU CULTIVATE A GROWTH MINDSET

### SOME OF OUR TIPS:

- CELEBRATE YOUR SUCCESS (FOCUS ON WHAT YOU LEARNED)
- CELEBRATE YOUR FAILURE (FOCUS ON WHAT YOU LEARNED)
- ASK "WHAT MIGHT I LEARN?"
- HABITUALISE REFLECTIVE LEARNING
- AVOID BLAME OR FEAR
- ASK FOR FEEDBACK (CONSTRUCTIVE FEEDBACK IS A GIFT)
- KEEP LEARNING, REGARDLESS OF ROLE.
- CONSIDER FEEDBACK A GIFT.
- BE CLEAR WITH FEEDBACK TO OTHERS.
- EMBRACE THE POWER OF **YET!**

### FIXED MINDSET THOUGHTS

 I GIVE UP

 I CAN'T DO THIS

 I FAILED

 IT'S TOO HARD

 I DON'T KNOW HOW

### GROWTH MINDSET THOUGHTS

 I'LL TRY A DIFFERENT WAY

 I DON'T KNOW HOW TO DO THIS YET

 MISTAKES ARE HOW I LEARN AND GROW

 THIS MAY TAKE ME SOME TIME

 I CAN LEARN HOW

# MY ADDITIONAL NOTES AND RESOURCES

**YOUR PERSONAL NOTES AND RESOURCES (WHAT ARE YOUR TOP LEARNINGS FROM TODAY? WHO CAN YOU CALL FOR SUPPORT? WHAT SUPPORTS DO YOU KNOW ABOUT IN YOUR AREA?)**



# ADDITIONAL GRATITUDE ACTIVITIES

*"Be present in all things and thankful for all things."*

*Maya Angelou*

## GRATITUDE LETTER ACTIVITY:

THE EXPRESSION OF GRATITUDE BRINGS POSITIVE EMOTIONS TO THOSE RECEIVING AND GIVING THANKS. YET, WE DO NOT ALWAYS EXPRESS OUR GRATITUDE TO THE PEOPLE IN OUR LIVES.

CHOOSE SOMEONE IN YOUR LIFE WHO HAS BEEN HELPFUL AND KIND TO YOU, YET YOU HAVEN'T HAD AN OPPORTUNITY TO EXPRESS YOUR GRATITUDE. THIS PERSON CAN BE A FAMILY MEMBER (PARENT, GRANDPARENT, CHILD, SPOUSE, ETC.), A FRIEND, TEACHER OR COACH – ANYONE WHO HAS MADE A POSITIVE IMPACT ON YOUR LIFE BUT HAS NEVER (OR RARELY) HEARD YOU EXPRESS YOUR GRATITUDE. TAKE A MOMENT TO THINK ABOUT THE THINGS THAT THIS PERSON HAS DONE THAT MAKE YOU EXTREMELY GRATEFUL.

IN THIS EXERCISE YOU ARE TO WRITE A LETTER OF GRATITUDE TO THIS PERSON. TAKE 10-20 MINUTES TO WRITE THIS LETTER EXPRESSING YOUR GRATITUDE FOR WHAT THIS PERSON HAS CONTRIBUTED TO YOUR LIFE. USE THE FOLLOWING POINTS AS A GUIDE TO HELP YOU:

- ADDRESS THE LETTER SPECIFICALLY TO THE PERSON (E.G. "DEAR...").
- DO NOT WORRY ABOUT GRAMMAR AND SPELLING.
- DIRECTLY ADDRESS THE PERSON THROUGHOUT THE LETTER.
- DESCRIBE SPECIFIC THINGS THAT THIS PERSON HAS DONE THAT MADE YOU GRATEFUL AND HOW THIS PERSON'S BEHAVIOUR HAS AFFECTED YOUR LIFE.
- END THE LETTER IN A WAY THAT IDENTIFIES IT IS FROM YOU (E.G. SINCERELY..., OR LOVE..., ETC.).
- IF POSSIBLE, DELIVER THE LETTER PERSONALLY AND ASK THE PERSON TO READ THE LETTER IN YOUR PRESENCE OR READ IT ALOUD TO THEM DURING YOUR VISIT. IF NOT, MAYBE SEND THEM A VOICE NOTE OR READ IT TO THEM OVER A ZOOM CALL.

## GRATITUDE REFLECTION ACTIVITY

REFLECTION IS AN IMPORTANT PART OF MINDFULNESS MEDITATION AND THE CULTIVATION OF A SENSE OF SELF-AWARENESS. THESE PRACTICES CAN LEAD TO AN ENHANCED SENSE OF WELLBEING, AMONG OTHER BENEFITS.

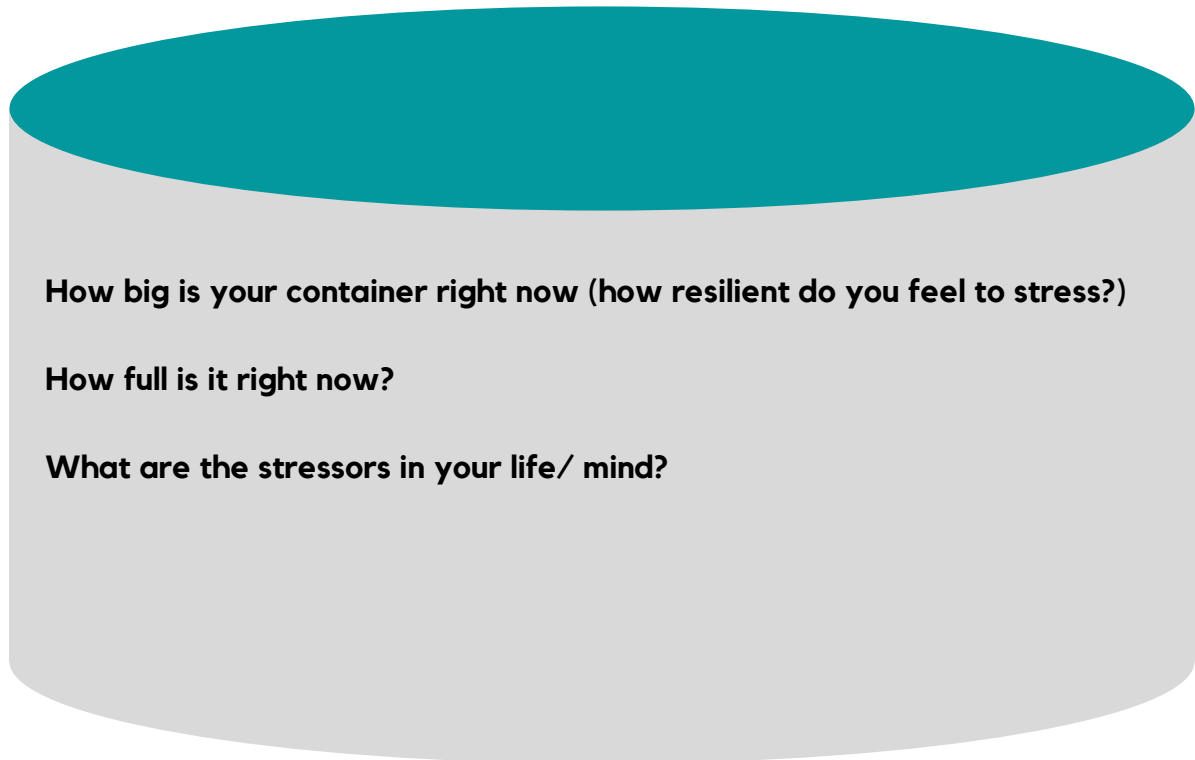
TO PRACTICE GRATITUDE REFLECTION, FOLLOW THESE STEPS:

- SETTLE YOURSELF IN A RELAXED POSTURE. TAKE A FEW DEEP, CALMING BREATHS TO RELAX AND CENTRE.
- LET YOUR AWARENESS MOVE TO YOUR IMMEDIATE ENVIRONMENT: ALL THE THINGS YOU CAN SMELL, TASTE, TOUCH, SEE, HEAR. SAY TO YOURSELF: "FOR THIS, I AM GRATEFUL."
- NEXT, BRING TO MIND THOSE PEOPLE IN YOUR LIFE TO WHOM YOU ARE CLOSE: YOUR FRIENDS, FAMILY, PARTNER.... SAY TO YOURSELF, "FOR THIS, I AM GRATEFUL."
- NEXT, TURN YOUR ATTENTION ONTO YOURSELF: YOU ARE A UNIQUE INDIVIDUAL, BLESSED WITH IMAGINATION, THE ABILITY TO COMMUNICATE, TO LEARN FROM THE PAST AND PLAN FOR THE FUTURE, TO OVERCOME ANY PAIN YOU MAY BE EXPERIENCING. SAY TO YOURSELF: "FOR THIS, I AM GRATEFUL."
- FINALLY, REST IN THE REALIZATION THAT LIFE IS A PRECIOUS GIFT. THAT YOU HAVE BEEN BORN INTO A PERIOD OF IMMENSE PROSPERITY, THAT YOU HAVE THE GIFT OF HEALTH, CULTURE, AND ACCESS TO SPIRITUAL TEACHINGS. SAY TO YOURSELF: "FOR THIS, I AM GRATEFUL." (STILL MIND, 2014)

# ADDITIONAL ACTIVITY - STRESS CONTAINER

## WHAT'S CAUSING YOUR CONTAINER TO FILL UP WITH STRESS?

DEVELOPED FROM AN IDEA BY BRABBAN AND TURKINGTON (2002)



**WHAT STRESSES/WORRIES CAN YOU DO SOMETHING ABOUT?**

**WHAT CAN'T YOU CHANGE AND NEED TO ACCEPT?**

**WHAT NEEDS YOUR URGENT ATTENTION?**

**CAN ANYONE HELP YOU WITH ANYTHING IN YOUR CONTAINER?**

**WHAT ARE SOME OF THE UNHELPFUL RESPONSES YOU HAVE TO STRESS?**

**WHAT ARE SOME OF THE USEFUL WAYS THAT YOU USE TO TRY TO TURN THE TAP/ RELEASE STRESS?**

**HOW CAN YOU TELL THAT YOUR STRESS CONTAINER IS GETTING TOO FULL/ OVERFLOWING (WHAT'S YOUR STRESS SIGNATURE)?**

**HOW CAN YOU INCREASE THE SIZE OF YOUR CONTAINER?**

# ADDITIONAL RESOURCES - MINDSET

## BOOK RECOMMENDATIONS

1. **MINDSET: THE NEW PSYCHOLOGY OF SUCCESS - CAROL DWECK**
2. **REWIRE YOUR MINDSET: OWN YOUR THINKING, CONTROL YOUR ACTIONS, CHANGE YOUR LIFE! - BRIAN KEANE**
3. **THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE - STEPHEN COVEY**
4. **PLAY: HOW IT SHAPES THE BRAIN, OPENS THE IMAGINATION, AND INVIGORATES THE SOUL BY STUART BROWN AND CHRISTOPHER VAUGHAN**

## VIDEOS, ARTICLES AND WEBSITES

### HOW TO MAKE STRESS YOUR FRIEND - TED TALK BY KELLY MCGONIGAL

FIND IT HERE:

[HTTPS://WWW.TED.COM/TALKS/KELLY\\_MCGONIGAL\\_HOW\\_TO\\_MAKE\\_STRESS\\_YOUR\\_FRIEND?LANGUAGE=EN](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

### BRENE BROWN ON BLAME

FIND IT HERE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=RZWF2\\_2L2V8](https://www.youtube.com/watch?v=RZWF2_2L2V8)

### GIVING THANKS CAN MAKE YOU HAPPIER - ARTICLE GRATITUDE

FIND IT HERE: [HTTPS://WWW.HEALTH.HARVARD.EDU/HEALTHBEAT/GIVING-THANKS-CAN-MAKE-YOU-HAPPIER#:~:TEXT=IN%20POSITIVE%20PSYCHOLOGY%20RESEARCH%2C%20GRATITUDE,ADVERSITY%2C%20AND%20BUILD%20STRONG%20RELATIONSHIPS.](https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=IN%20POSITIVE%20PSYCHOLOGY%20RESEARCH%2C%20GRATITUDE,ADVERSITY%2C%20AND%20BUILD%20STRONG%20RELATIONSHIPS.)

### HOW GRATITUDE CHANGES YOU AND YOUR BRAIN

FIND IT HERE:

[HTTPS://GREATERGOOD.BERKELEY.EDU/ARTICLE/ITEM/HOW\\_GRATITUDE\\_CHANGES\\_YOU\\_AND\\_YOUR\\_BRAIN](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)

### DEVELOPING A GROWTH MINDSET WITH CAROL DWECK

FIND IT HERE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=HIIEMN7VBQ](https://www.youtube.com/watch?v=HIIEMN7VBQ)

### NEIL EXPLAINING THE STRESS CONTAINER CONCEPT

FIND IT HERE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BAPSZUYEQ\\_Y](https://www.youtube.com/watch?v=BAPSZUYEQ_Y)

### THE NEUROSCIENCE OF PLAY - TALK BY STUART BROWN

FIND IT HERE:

[HTTPS://YOUTU.BE/HRW68EID4ZK](https://youtu.be/HRW68EID4ZK)

### HOW TO MAKE PLAY A PART OF YOUR ADULT LIFE

FIND IT HERE:

[HTTPS://WWW.NIFPLAY.ORG/PLAY-FOR-YOU/MAKE-PLAY-PART-OF-AN-ADULT-LIFE/](https://www.nifplay.org/play-for-you/make-play-part-of-an-adult-life/)



# ADDITIONAL SUPPORT

## ANXIETY UK

ANXIETY UK IS A CHARITY PROVIDING SUPPORT IF YOU HAVE BEEN DIAGNOSED WITH AN ANXIETY CONDITION.

PHONE: 03444 775 774 (MONDAY TO FRIDAY, 9.30AM TO 5.30PM)

WEBSITE: [WWW.ANXIETYUK.ORG.UK](http://WWW.ANXIETYUK.ORG.UK)

## CALM

CALM IS THE CAMPAIGN AGAINST LIVING MISERABLY. A CHARITY PROVIDING A MENTAL HEALTH HELPLINE AND WEBCHAT.

PHONE: 0800 58 58 58 (DAILY, 5PM TO MIDNIGHT)

WEBSITE: [WWW.THECALMZONE.NET](http://WWW.THECALMZONE.NET)

## MIND

MIND CHARITY PROMOTES THE VIEWS AND NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS.

PHONE: 0300 123 3393 (MONDAY TO FRIDAY, 9AM TO 6PM)

WEBSITE: [WWW.MIND.ORG.UK](http://WWW.MIND.ORG.UK)

## PAPYRUS

YOUNG SUICIDE PREVENTION SOCIETY.

PHONE: HOPELINEUK 0800 068 4141 (9AM TO MIDNIGHT, EVERY DAY OF THE YEAR)

WEBSITE: [WWW.PAPYRUS-UK.ORG](http://WWW.PAPYRUS-UK.ORG)

## SAMARITANS

CONFIDENTIAL SUPPORT FOR PEOPLE EXPERIENCING FEELINGS OF DISTRESS OR DESPAIR.

PHONE: 116 123 (FREE 24-HOUR HELPLINE)

WEBSITE: [WWW.SAMARITANS.ORG](http://WWW.SAMARITANS.ORG)

## DRINKLINE

A FREE CONFIDENTIAL HELPLINE FOR PEOPLE WORRIED ABOUT THEIR OWN OR SOMEONE ELSE'S DRINKING.

PHONE: 0300 123 1110 (WEEKDAYS 9AM TO 8PM, WEEKENDS 11AM TO 4PM)

## SHOUT

SHOUT IS THE UK'S FIRST 24/7 TEXT SERVICE, FREE ON ALL MAJOR MOBILE NETWORKS, FOR ANYONE IN CRISIS ANYTIME, ANYWHERE.

IT'S A PLACE TO GO IF YOU'RE STRUGGLING TO COPE AND YOU NEED IMMEDIATE HELP.

TEXT: 85258

WEBSITE: [HTTPS://WWW.GIVEUSASHOUT.ORG/](https://WWW.GIVEUSASHOUT.ORG/)

## ZERO SUICIDE ALLIANCE

FREE 20 MIN ONLINE TRAINING FROM ZERO SUICIDE ALLIANCE ON SUICIDE AWARENESS

WEBSITE: [HTTPS://WWW.ZEROSUICIDEALLIANCE.COM/TRAINING](https://WWW.ZEROSUICIDEALLIANCE.COM/TRAINING)

## HUB OF HOPE - LOCATE SERVICES NEAR YOU

WEBSITE: [HTTPS://HUBOFHOPE.CO.UK/](https://HUBOFHOPE.CO.UK/)



*It's a State Of Mind*  
Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,  
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT, SHARE  
AND PLAY.**

**LIVE YOUR BEST LIFE...  
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK  
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN  
AN "IT'S A PLAYGROUND" STATE OF MIND.**

[INFO@ITSAPLAYGROUND.ORG](mailto:INFO@ITSAPLAYGROUND.ORG)

[WWW.ITSAPLAYGROUND.ORG](http://WWW.ITSAPLAYGROUND.ORG)