

Exercise

Our day to day lives are made up of a range of different experiences. From time to time, each one of us needs to feel better in ourselves. We will all have things that we do (treats) or things we rely on to make us feel better – whether that is better about ourselves; about what is going on in our lives or about issues to do with the way that the society that we live in functions.

Individually

Spend a few minutes on your own thinking about what you do to make yourself feel better.

In pairs

Each discuss how this makes you feel better:

- **Why is this what you choose?**
- **What difference does it make to you?**
- **How does it make you feel better?**

Large group discussion

Discuss what would happen if the thing you have said you rely on disappears overnight – if there were no more supplies or no more facilities of the type you use:

- **How would you feel?**
- **What would be your response?**
- **What would you do - immediately? In the longer term?**