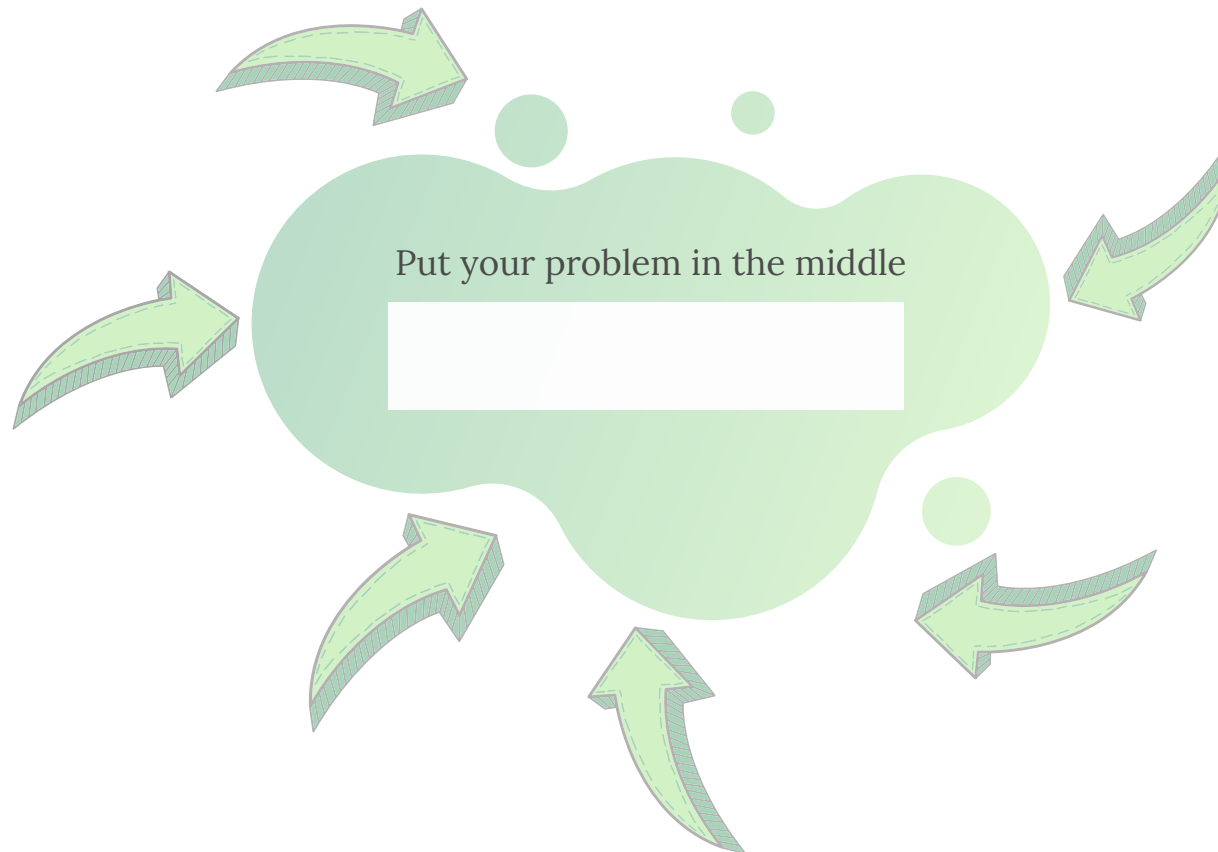


MIND MAPPING

Try using this Mind Map to explore a problem you are faced with. Put any potential pros to the situation or ideas for how to problem solve.



Write/draw things that help us to manage this problem - you can include thoughts and feelings too. For example, if you are worried about going to school what people or strategies help you to feel safe?