

## Resource - Recognising a challenging time – challenging time scenarios

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|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <b>Upcoming exams are starting to feel overwhelming</b><br>You've got multiple exams coming up and you are finding it hard to balance revision, homework, and downtime. The pressure is building, and it is affecting your mood and sleep. |
| 2 | <b>Falling out with a family member</b><br>You've had a disagreement or miscommunication with a family member. Things feel tense, and you are upset about it.                                                                              |
| 3 | <b>Comparing yourself on social media</b><br>Seeing social media posts about events, holidays, or achievements is making you feel like others are doing better or having more fun. You have started comparing yourself and feeling badly.  |
| 4 | <b>Conflict in a close friendship</b><br>You and a friend had a falling out over something small, but now you are not talking. It is hard to focus, and you are not sure how to make things right.                                         |
| 5 | <b>Struggling to manage your emotions</b><br>You've been feeling irritated or upset more often, but you are not sure why — and sometimes it leads to arguments or leads to arguments or withdrawal from others.                            |
| 6 | <b>Feeling stuck or unmotivated</b><br>You're finding it hard to care about things that usually interest you (e.g. school, hobbies, or even seeing friends). You are not sure how to get back on track.                                    |

