



**STOPP** – As soon as you notice the upsetting thought or feeling... Stop! Take a slow & deep breath, Observe your thoughts & feelings, Pull back and consider another way of looking at things, Practise what works & decide on a skill.



**It will Pass** - the emotion will pass, use eg. positive self talk, other skills or music in the meantime.



**Right Now** – change your focus of attention. See 5 things, hear 4 things, feel 3 things, smell 2 things, 1 breath.



**Name the Emotion** – Notice the feelings, say/think: e.g. "I'm feeling anxious, and feel like I want to run away".



**Opposite Action** – instead of doing what you feel like doing (escaping, shouting, hiding away etc), do the opposite, so stick with it, talk gently, be with others etc.



**Fact or Opinion** – ask yourself "is this thought a fact or an opinion?" Don't believe everything you think! Come back to what we KNOW are facts.



**SELF Care** – we need to look after ourselves with good Sleep and Eating habits, Look at other factors, and Find fun, achievement & connect with others every day.



**Values** – give us direction in life. Consider our values, what is really important to us e.g. honesty, caring, family, friends – and choose to act accordingly.



**Listen** – we need to give time, pay attention and really listen to what we and others are saying, and show them we are listening.



**RESPECT** – we must respect ourselves, others and our environment by being polite and treating others as we want to be treated.



**Crystal CLEAR** – express ourselves using calm clear and assertive communication.



**Reflect** – Instead of going over and over mistakes, we can learn from them and ask ourselves: What did we do well? What can I do differently next time?



The  
**Decider**  
Winning strategies for mental health

## THE DECIDER LIFE SKILLS

are CBT skills that are effective, fun, memorable and easy-to-use.

PROACTIVE MENTAL HEALTH SKILLS to use at HOME, in EDUCATION, in the WORKPLACE, and in SOCIAL and HEALTH settings.

THE DECIDER LIFE SKILLS are designed to help us to be more resilient, resourceful, responsible, robust and respectful.

The Decider Life Skills aim to improve emotional intelligence and help our brains to develop positive habits. They provide the skills to help us to monitor and manage our mental health.

Access **The Decider Life Skills Webapp** here:

[pwa.thedecider.org.uk](http://pwa.thedecider.org.uk)

**Download the STOPP APP and Decider Skills APP** from your app store.

More information here:

[www.thedecider.org.uk](http://www.thedecider.org.uk)

It is most helpful to learn to use and practise the skills BEFORE we really need them.

Giving support:

- Ask them to explain or teach you the skills
- Read through their handbook
- Talk about the skills
- Access The Decider Life Skills webapp and download the STOPP app
- Remind them of the skills often, bringing them into everyday conversation e.g. when looking at an article on social media, ask "is that Fact or Opinion?"
- Talk about your own emotions and FIZZ scale.
- Ask them what their favourite skill is, and which are most helpful.
- Talk about how you can help each other at stressful times.

When they feel upset:



- Ask them: "Where are you on your FIZZ scale? What skill could you use?"
- If necessary, coach them through a skill.



**THE FIZZ** is the way we talk about the PHYSICAL sensations of emotion. It is helpful to learn about our own reactions to emotion and how that feels in our bodies. As we can learn to recognise those feelings, we can act quickly to use the skills to reduce the emotion and help us make wise choices.

## THE DECIDER<sup>®</sup>

### LIFE SKILLS

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<b>NAME THE EMOTION</b> 	<b>OPPOSITE ACTION</b> 	<b>FACT OR OPINION</b> 
<b>SELF CARE</b> 	<b>VALUES</b> 	<b>LISTEN</b> 
<b>RESPECT</b> 	<b>CRYSTAL CLEAR</b> 	<b>REFLECT</b> 
<b>PRACTICE!</b>		
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