



The Burn Book – Building Your Resilience

Welcome to Week 8! If you've not yet had time to complete the previous exercises, don't worry... These exercises are sent with the aim of building your "Mental Health Toolbox". They don't necessarily need to be completed in order, we've created these for you to use on an ongoing basis.

This exercise was brought to our team by our Client Development Manager, Zoe. If, like Zoe, you've seen the teenage Comedy film, Mean Girls 100 times, then you'll already have an insight into what we're going to be talking about.

The Burn Book originates in the film as a book a group of girls use to essentially "vent" about other people (it also involves high school gossip, but we'll ignore that). They use it to write down what they really think and feel about people that have annoyed them.

Instead of burying the emotion, acknowledge it. Let it all out and trust us, you'll feel much better.

Give it a go:

Step 1 – Acknowledge the emotion and pinpoint the problem

When you're feeling stressed, annoyed, irritated, let down – whatever the emotion, name it. Write it down. "I am feeling -----". You now need to bring awareness to *what* or perhaps even *who* it is that has caused this emotion.

Step 2 – Write them a letter

Write an individual letter to the people involved. Now it may seem weird to stray from a positive mental attitude at this point, but sometimes burying an emotion and not letting the feeling out, can cause you issues down the line. If, like Zoe at the beginning of her Wellbeing Journey, you find it a bit more difficult to always have a positive outlook, you may need to get the venting

out the way first. Ever heard someone say "... and that was it, that was the last straw!". Well, the aim with this exercise is to prevent this from being said.

Some people find it best to physically write out a letter on paper, others prefer to write an email (our advice would be to not put the person's email in the "to" field, just to be on the safe side!) and some will prefer to speak the words – record them.

Step 3 – Let it burn!

Now, we don't mean this literally. Unless you want to of course. But now you're going to shred the letter – delete the email – delete the recording. As you do so, feel the emotion shred or delete with it. And you can now be okay with that.

You've acknowledged the emotion and who it was that caused you to feel such a way, and now, it's time to move on – you don't want to waste anymore of your energy on the negative, it's time to focus on the positive!