



Wellbeing Wednesday

Self Efficacy



What is self- efficacy?

Self-efficacy is the belief that we can make a difference and have strengths we can draw on in times of challenge.

It's also a core belief underpinning motivation and emotional wellbeing.



One Step at a time...

Self-belief does not always mean being immediately successful, but having self-belief can give you the opportunity to think about the things that are under your control, to take one step at a time and work towards your goals.

“

You don't have to see
the whole staircase,
just take the first
step.

**MARTIN LUTHER
KING JR**

”



Strengthening Self-belief

One way to strengthen self-belief is to pay attention to those difficult thoughts and feelings which might make you feel less sure about your ability to cope and manage.

Looking for ways to notice and manage difficult thoughts and feelings can help you feel more confident about working through the situation.



Letter to your future self

- Write a letter to your future self, telling yourself about the things you have learned, how you got through ups and downs and what skills and strengths you drew on, and how you will use them in the future.
- You could ask your teacher to keep your letter and give it to you to reflect on at the end of the school year, or even when you leave George Abbot.



Challenging unhelpful self talk by:

- Taking it to 'court' and look at the facts for and against.
- Change the thought into a more realistic or helpful one.
- Imagine if the thought actually came true and what you would do next. Come up with a problem-solving plan to explore positive coping strategies.



Help Yourself To Happiness – by Helen Steiner Rice

https://www.youtube.com/watch?v=hDGpzHd2q_A (click to play poem)



Everybody, everywhere
seeks happiness, it's true,
But finding it and keeping it
seem difficult to do.

Difficult because we think
that happiness is found
Only in the places where
wealth and fame abound.
And so we go on searching
in palaces of pleasure
Seeking recognition
and monetary treasure,

Unaware that happiness
is just a state of mind
Within the reach of everyone
who takes time to be kind.

For in making others happy
we will be happy, too.
For the happiness you give away
returns to shine on you.

