Overcoming Obstacles

We all face obstacles in our life. Here are some ideas to help your youth learn how to deal with obstacles so that they can learn from them and know that it is part of life.

- **What makes me unique activity: You are unique. Being unique helps us stand out in a crowd. Plus, it would be boring if we are all the same. In each category identify at least one thing that is unique about you: Personality, Physical Appearance, Favorite Activity or Interest, Fashion, Hopes for the future, Anything else.**

- **Talk to them about obstacles you have faced and what you did to overcome them. Then have them share an obstacle they have faced and how they overcame it. Talk about what they can do when the face obstacles in the future.**

- **Do a mindfulness activity together. Take 10 minutes to sit quietly and clear your mind. Try to not think of anything. When your mind starts to wonder notice it, accept it and then clear it out.**

- **Find breathing exercise and practice a couple of different ones.**

- **Find a meditation exercise and do it together.**

- **Read/listen to a book about someone who has overcome obstacles and then discuss it. Talk about what you learned and how you can apply it to your life.**

- **Listen to a podcast about overcoming obstacles and then discuss it.**

- **Talk about the difference between healthy cooping skills and unhealthy cooping skills.**

Overcoming Obstacles Worksheet

My Goal is

What is standing between me and who I want to be?

If-then statements for obstacles.

Use a specific, concrete actions. For example, if I crave something sweet, then I will drink a glass of water so I can meet my calorie goal. If it is 6 p.m., I will go for a 10 minute walk so I can meet my fitness goal.

If _____

Then _____

If _____

Then _____

If _____

Then _____

– Free Apps –

26. Headspace: Guided Meditation & Mindfulness – This app provides meditation exercises with a coach that helps you learn as you go.

27. The Mindfulness App – A mindfulness app that helps you become more present in your daily life with guided and silent meditation sessions.

28. Aware – This app leads you through daily mindfulness meditation techniques, including energizing activities and breathing practice.

29. Stop Breathe & Think: Meditate – Tailored to your specific emotions, this app helps you take a break and reduce stress through meditation.

30. MyCalmBeat – This app provides training and practice in slow, deep breathing for stress reduction.

31. Breathe – An app that assists in controlling your breathing.

32. Gratitude Journal – This app helps you focus on the positive by identifying what you are thankful for each day.

33. Pacifica – Stress & Anxiety – Tools for mindfulness, meditation, relaxation, and health/mood tracking.

34. Affirmation Reminder – Select from a list of positive affirmations or make your own to add as reminders.

35. ColorMe – Free coloring app to help reduce stress.

36. Relax Melodies – Free app with white noise and calming sounds for sleeping and meditation.