Welcome back to week 6 of your life your way with DNA-V

Today we will

• Recap and explore examples of how DNAv skills work together
• Understand the importance of self-kindness
• Look at how to get more of the 5 ways of well being in your life
Recap

Examples from last week’s home practice?

What did you think of the home practice videos? The Struggle Switch

It takes time to create change, change can be hard but worth it.

In the next slide we will recap how DNA work together.
Let's think of an example of how the DNAv works together? Think of an experience or goal? Break it down into each section.
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The 5 Ways to Well-being

CONNECT
KEEP LEARNING
BE ACTIVE
GIVE
TAKE NOTICE
• You now know all of the DNA-V skills you need to maintain good mental health for life.
• You have these skills already, and practicing them will make them stronger.
• Some days will be more challenging than others.
• Remember to be kind to yourself!
• Use these skills to achieve your goals
• Make sure you get enough of the 5 ways of well-being in your life.