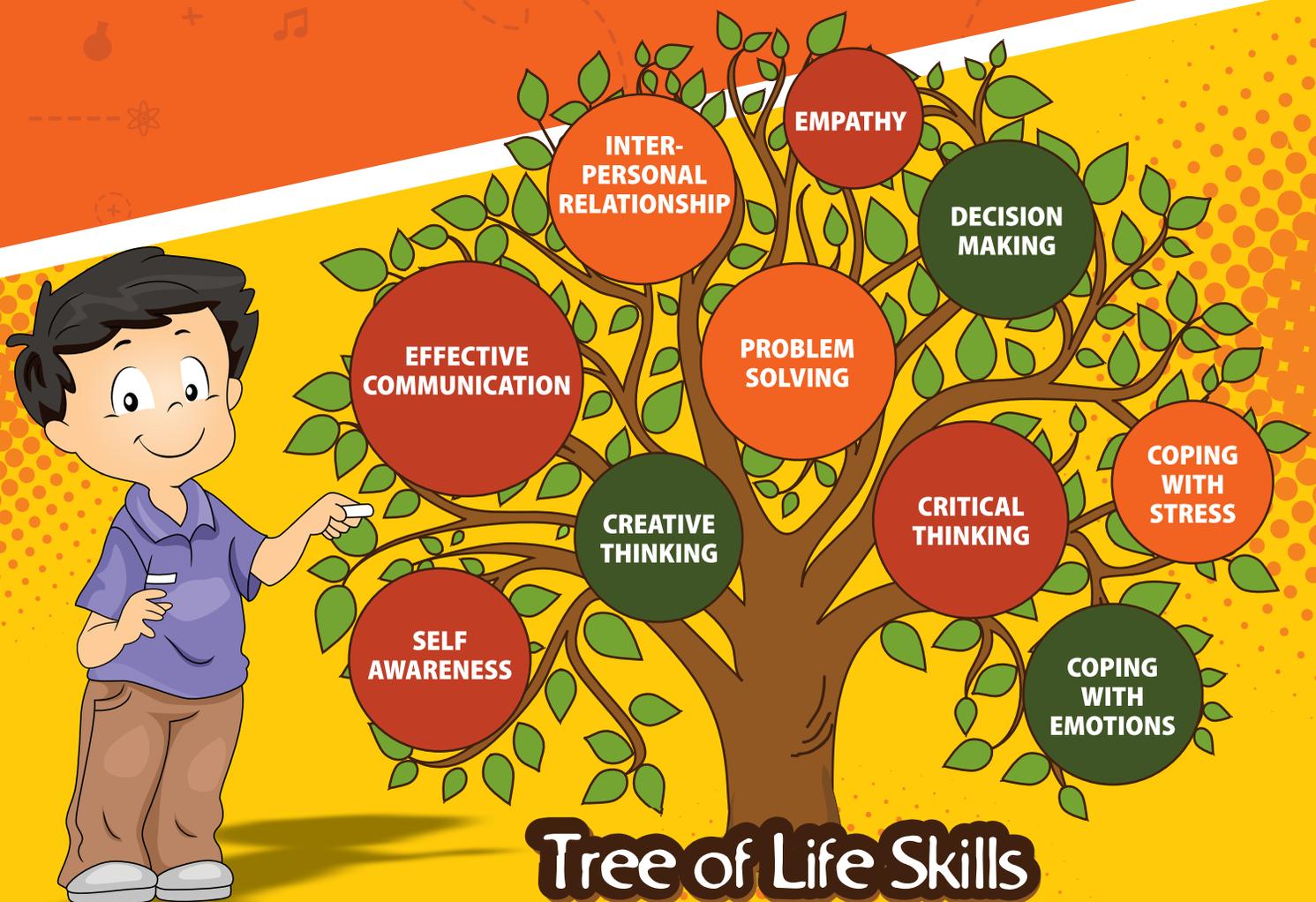




# Life Skills

## Q1. What are Life Skills?

According to the World Health Organization (WHO), life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with daily challenges. WHO has enumerated ten life skills that help individuals make informed decisions; solve problems; think critically and creatively; communicate effectively; build healthy relationships; empathize with others; and cope with and manage their lives in a healthy and productive manner.



## Q2. What are the ten life skills?

The ten life skills are as follows:

### 1. Self-Awareness

This includes recognition of 'self' by being aware of one's strengths and weaknesses, and one's likes and dislikes.



I am good at drawing and therefore wish to study fine arts in college.

It is great that you are aware of your strengths.



### 2. Empathy

It is the skill that enables one to put oneself in another person's shoes and understand how they feel.

I do not like dogs. Let us beat them up.



Dear friend, animals have feelings too! How would you feel if somebody didn't like you and kicked you out of his way?



### 3. Interpersonal Relationship

It helps us to make and maintain positive relationships which ensure our mental and social well-being.

### 4. Effective Communication

It is the ability to express feelings, ideas, thoughts, opinions verbally or non-verbally in a way that the message is understood with clarity. It enables us to actively give feedback in a non-threatening way.

### 5. Creative Thinking

This skill enables us to 'think out of the box'. It helps to look beyond the available options and think of new and creative solutions to overcome problems.



### 6. Critical Thinking

This skill helps us to look at the positive and negative aspects of a situation/problem and helps us to find alternative solutions.

### 7. Decision Making

It helps us to make informed decisions in our lives without any fear, influence or pressure.

## 8. Problem Solving

This skill enables us to identify the real problem and find out effective - positive solutions for it. We can use the POWER tool explained in question no. 3.

## 9. Coping with Emotions

This skill enables us to manage our emotions by identifying and expressing them appropriately.

## 10. Coping with Stress

This skill helps us to recognize the source of our stress and its effects on our lives. It also equips us to find ways to manage, reduce and cope with our stress as well as ways to relax.

### Q3. What is a POWER tool?

It is a process in which you go through different stages of problem solving and arrive at best solutions for resolving problems.

**The POWER tool consists of five interrelated steps.**

**P:** Identify the problem

**O: Options available** - think of the different ways to solve the problem

**W: Weigh the options** - weigh the positive and negative aspects of each option

**E: Elect/Execute** - choose by sharing it with the person you trust and elect the most appropriate option and execute the same

**R: Result/Retry** - evaluate the results obtained because of your decision and if the results are not desirable, try again

## Problem solving Power tool



### Q4. How do Life Skills help us?

Life Skills empower people to make informed decisions to improve their physical, social and mental well-being. These skills and competencies aid us in facing our day to day challenges with right knowledge, positive attitudes and enabling tools.

### Q5. What is a healthy relationship?

A healthy relationship has the following qualities:

- Equality, Mutual respect
- Honesty, Mutual trust
- Commitment
- Effective communication
- Clear expectations from each other
- Understanding that every relationship has certain limits and respecting those limits
- Giving each other privacy and personal time



### Q6. Does being assertive mean being rude or aggressive?

Being assertive does not mean being rude or aggressive unless the behaviour is threatening to others. Assertive communication means that you are standing up for your opinions, ideas, feelings, and rights and communicating them in a clear and non-threatening way. This is the most preferred form of effective communication.



No son, I cannot allow you to attend your friend's birthday party as last time you came back very late.

I am sorry for the last time. Please trust me. I will be back on time and will inform you before I leave the party.



## Q7. Is it wise to take a decision without thinking about its consequences?

One should always take a well thought out decision as it ensures positive outcomes.

Here is the “3C’s” tool for wise and good decision-making:

- Challenge: identify and analyse the situation or problem you are facing
- Choices: identify the choices/alternatives available to you
- Consequences: know and weigh the positive and negative consequences of each option and select the best option

## Q8. What are the different ways of coping with stress?

Stress is a common phenomenon in everyone's life especially in today's fast paced world. Coping with stress is essential to lead a healthy and happy life and therefore it is important to identify the sources of stress so that we can deal with them better. There are many ways to cope with stress. Some easy and creative ways to lessen our stress are mentioned below:

- Take a break from a stressful situation
- Talk about your troubles with someone you trust
- Watch a funny movie
- Pursue hobbies
- Take a deep breath
- Dance
- Exercise, Meditate
- Listen to music



I have an exam tomorrow and I am really stressed out.

Don't worry son. Take a break and go for a walk or listen to your favourite music to relax your mind.





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