

Session 3

Mental health and me

Objectives

- To highlight that we all have mental health
- To highlight that there are simple ways we can take care of our mental health
- To show some examples of these

Resources

- Powerpoint slides

Session Outline

Minutes 1 and 2

Introduction

Slides 1 and 2

Explain that we all have mental health. There are simple things we can all do to take care of our mental health and wellbeing.

Minutes 3 and 4

Highlight some of the self care tips on the slides. Explain that these are from young people (Champions) who campaign for Time to Change to help make this generation more open about mental health than any before.

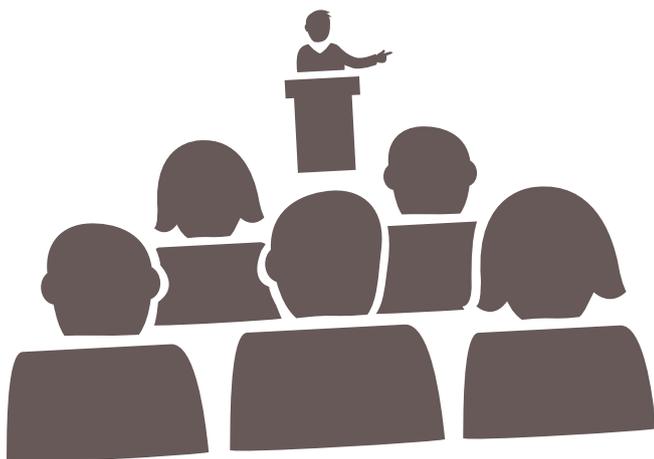
Ask the group to discuss or think about which of the tips interest them the most.

Slide 4

Minutes 5 to 10

Go through and discuss the list of the 8 ways to wellbeing.

You can also lead any of the four following activities which relate to the tips.



time to change

let's end mental health discrimination

Contributing

Ask the group to now spend a few minutes working together to tidy the room you are in. Having a calmer and more pleasant physical environment helps our wellbeing.

If you have craft supplies and a little more time, you could ask the group to work together on decorating or improving their shared space, for example they could make signs to encourage recycling or a wellbeing wall or noticeboard with pictures and quotes about self care.

This activity relates to 2 of the 8 ways of wellbeing - creating and contributing!

Congratulating

Ask the group to name out loud one thing they have each done this week which they are proud of. Or they could also each do this by writing a short note to themselves.

Exercising

Reflect that we spend a lot of our day time sitting in class. Standing up gets our blood flowing and that can help our wellbeing and mood.

Ask students to stand up. Stretch up high, hold the stretch for 15 seconds, and then touch their toes if they can.

Calming

Have a conversation about mobile phone use. Ask the group to discuss in pairs:

- Estimate how much time you think you spend on your phone each day?
- What do you enjoy about that? What do you find difficult about it?

Explain that a good way to look after our wellbeing can be through a digital detox. It's been proven that mobile phone screen light can negatively affect our sleep. It is helpful to reduce phone time at the end of the day and ideally put our phones away for at least an hour before bed.

Ask the group

- What do you think about that idea? How might you feel if you were to have a digital detox?
- How realistic is that for you?
- Instead of using your phone, can you think of anything else you could do for that final hour of the day which might benefit your wellbeing?

End by asking the group to think about which of the 8 ways to wellbeing they might each focus on over the coming week.

Funded by



Run by

