



Health & Wellbeing



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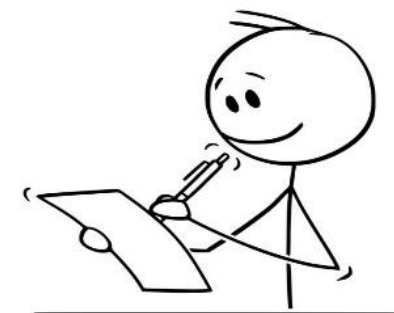
THEME: Emotional Well Being – Self-care

Participants have learned about what emotions are and the best way to manage these. However, this lesson focuses on why self-care is important and without the ability to look after ourselves, we cannot look after others. The session also focuses on hope. The premise behind this is that young people will experience difficult times in their lives that will impact their wellbeing, the activities surrounding hope will ensure that they know what when adversity occurs, things will always get better.

LEARNING OBJECTIVES

1. To understand the importance of hope when facing adversity and challenges.
2. To understand what self-care is and how we can apply the concept.
3. To identify and implement ways to inspire hope and practice self-care.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction to the topic and gauge baseline understanding	<p>Introduction to the session with, overview of objectives and tease out group understanding. For example, what do we already know about self-care? Do you practice it? What does it mean to you?</p> <p>Icebreaker: Young people are provided with a piece of paper and a pen. Each participant is asked to write a statement about the newly introduced topic, scrunch the paper up and have a “snowball fight” with others in the room. This will ensure that each “snowball” is scattered around the room and is unable to be traced back to the originator for anonymity.</p> <p>The facilitator will then pick one up and read it aloud. This will tease out baseline understanding and uncover topics the participants deem important. This activity promotes exploratory learning where the participants can help determine the direction of the session and identify priorities.</p>	30-45minutes depending on group ability and discussion.



	<p>Overview into Hope. Why is it important? Debrief: Hope is extremely important and can really impact the way we view the world. For example, your language can even give an insight into your attitude. Slide 4 discusses how our language can change to become more hopeful. Visual slide 5&6. What do you think these pictures are looking to say? The group may have different opinions or perspectives on the illustration. It should convey that even when you're hanging on, don't give up hope and ask for help as there is always someone or something there for support, even if it seems unlikely.</p>	
Activity 1.1.	<p>Using marshmallows and pasta sticks, build the tallest tower that must be independently standing when you finish. Allocate a time for completion. Split the participants into groups who will likely go away and try their own thing. Participants will struggle with this activity and the premise is that groups could have merged their resources and that thinking outside the box and the importance of seeking support should never be overlooked. The activity will also show that you will experience adverse situations in life and must work with people to overcome them along with delaying gratification for a better outcome. The game also teaches resilience and working with a growth mindset.</p>	45minutes
Importance of the Brain	<p>We often stress about factors that we cannot control, and this heightens anxiety and often diminishes hope and self-care. This area of the session should highlight that there are elements that we have no control over and that we should not focus on them. Instead, we should focus on the core of the circle around words, actions, and mindset.</p>	30 minutes
7-11 Breathing Technique	<p>When our brain focuses on all the external factors, we have no control over, it can trigger overthinking and heighten anxiety. The 7-11 technique focuses on breathing through your nose for 7 seconds and breath out for 11 seconds. This reduces stress and helps regulate the body.</p>	20/30 minutes
Mindfulness	<p>Has anyone heard of the phrase mindfulness? This is a practice that you can do whenever you are stressed or feeling overwhelmed by emotions. Based on the definition, can you think of any ways we can practice mindfulness? Drawing, riding a bike, running etc. Some of these are outlined in slide 15. Ideas for self-care. How many of the group practice these? And if so, do you feel good for doing so? Let's put together an individual action plan around this. For example, on Saturday I will turn my phone off, put my earphones on and take the dog for a walk. Try to incorporate as many as possible.</p>	10 minutes 20 minutes
Activity	<p>Compassionate letter writing. Activity explained via PowerPoint. Slide 17 concludes with a quote on the importance of self-care for reinforcement.</p>	