

# The Make Time Programme

## Week 2: Make time for me

### Objectives:

- To encourage students to talk about mental health openly
- To make pupils aware there are ways we can look after our mental health

### Resources:

- Resilience exercise to read from
- Copies of the Make Time for Me list (on page two)

### Outline:

#### Minute 1: Physical health

Last week we made time to learn about mental health. This week we're making time to think about our own wellbeing. Lots of research has been done on mental health and wellbeing, and we now know that there are certain things we can do to help look after our mental health, in the same way we can help look after our physical health. We're going to give you a taster of something some people do to help with their general wellbeing.

#### Minute 2, 3, 4, 5: Resilience Exercise

Read out the resilience exercise.

At the end you could ask people whether they enjoyed that exercise. It doesn't matter if opinion is a bit mixed.

#### Minute 6, 7: Make Time for Me list

Read through the Make Time for Me list. Explain that these are all ways that people can help themselves feel better when they're feeling low or having a tough time. Some of them can help contribute to feeling more healthy physically and mentally (though, just as with physical health, sometimes people will get mental health problems even if they do all these things).

#### Minute 8, 9: Exchanging tips

Ask pupils to turn to the person next to them and say one thing they do to make themselves feel better when they're feeling sad. They don't need to talk about what's made them sad - just what makes them feel better.

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## Minute 10: Closing

So, as you can see, we can help look after our own mental health just as we can help look after our physical health. Next week we'll be discussing how we can help mates that are having a tough time.

### Make Time for Me list

- Chatting with friends
- Being open with people I trust
- Playing sport
- Spending time outdoors
- Mindfulness or meditation
- Listening to music
- Not checking my mobile for 30 minutes a day
- Regular sleep patterns/nighttime routine
- Writing a list of the qualities I like about myself
- Rewarding myself for things I have done which were challenging
- Particular hobbies I enjoy
- Eating healthy
- Making time to see people I care about
- Helping others/contributing to causes I believe in
- Keeping a diary/writing down my feelings
- Creative expression - music, art, writing
- #100happydays - noticing the things I appreciate about my life

**If you're in a smaller group, you could do the following alternative activity:**

### Drawing

Give everyone a small piece of card and ask them to draw an image of 3-5 things from the Make Time for Me list they might like to do. They can keep this card in their wallet; like a shopping voucher they can repeatedly redeem with themselves.

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