

POSITIVE HABITS FOR A POSITIVE MIND

INTRODUCTORY LEVEL



TAMUS

TALKING ABOUT IT MAKES US STRONGER

<https://tamusproject.eu/>

Interactive Magazine

What is My Mental Health and Why Should I Protect It?



Jugendförderverein Parchim /Lüz e.V.
Germany(Parchim)
www.jfv-pch.de



**CO&SO - Consorzio Per
La Cooperazione E La Solidarieta**
Italy (Firenze)
<https://coeso.org/>



Enoros Consulting Limited
Cyprus (Nicosia)
www.enoros.com.cy



INFODEF
Spain (Valladolid)
www.infodef.es



La compagnie du nouveau monde
France (Vernon)
www.lezardnormand.com



KMOP - Education and Innovation Hub
Greece (Kifisia)
www.kmop.gr



Storytellme
Portugal (Charneca da Caparica)
www.storytellme.pt



The Rural Hub
Ireland (Carrickmacross)
www.theruralhub.ie



LEVEL

Introductory

AGE GROUP

13-17 years of age

TOPIC

Positive Habits for a Positive Mind



Co-funded by
the European Union



Welcome to this video on positive habits for a positive mind in which we will explore the impact of a positive outlook on our physical, mental, and emotional well-being. When it comes to good mental health, developing positive habits is crucial. Positive habits, such as regular exercise, eating a balanced diet, and getting sufficient sleep, have been shown to reduce stress and anxiety, improve mood, and boost self-esteem.

Link: <https://youtu.be/O4z5hmzOKpg?feature=shared>



CHECK-IN QUIZ

Thank you for watching this short video!

Can you spare 2 minutes to reflect and answer some questions about the video? For this, you will need to take a pen and some paper, and answer the following reflection questions:

1. Did you find that short video interesting?
2. Did you learn something new from the video?
 - i. If yes, what did you learn?
3. Did you ever consider the impact of your outlook on your mental health?
4. Did you ever consider that your outlook could impact your physical health?
5. Do you think you will place more importance on your outlook from now on?
 - i. Take 2 minutes to write down why you think that. Explain your answer here:

EXPECTED LEARNING OUTCOMES

KNOWLEDGE

- Knowledge of the physical, mental and emotional impact of a positive outlook.

SKILLS

- Describe why it is important to build health habits for positive mental health.
- Discuss the physical, mental, and emotional impact of our outlook.

ATTITUDES

- Aware of the importance of developing positive habits for good mental health.



THE POWER OF A POSITIVE OUTLOOK

THE POWER OF A POSITIVE OUTLOOK

Being a teenager can be a challenging time in life. You're trying to figure out who you are and where you fit in the world, so it's easy to feel overwhelmed, and anxious. But did you know that having a positive outlook and developing healthy habits can have a huge impact on your physical and emotional well-being?

When you're in a good mood and feeling optimistic, your body releases endorphins, which are like natural painkillers. Endorphins can also reduce inflammation in the body, which is linked to numerous health problems such as heart disease and cancer. Additionally, a positive outlook can lower your blood pressure, boost your immune system, and improve your sleep quality.

When you approach life with a positive attitude, you're more likely to feel confident. A positive outlook can also help you cope better with challenges. But how do you cultivate a positive outlook and develop healthy habits? It's all about taking small steps and making positive changes in your daily routine.



Some of the things that might help include:

Practicing gratitude - Take a few minutes each day to reflect on the things in your life that you're grateful for. It can be as simple as a good cup of coffee.

Exercise is a powerful tool for improving mood and reducing stress. Find a physical activity you enjoy and make it a part of your day.

Spending time with friends and family can be a great way to boost your mood and feel more connected to the world around you.

Being a teenager can be tough, but cultivating a positive outlook and developing healthy habits can have a significant impact on your physical, mental, and emotional well-being. Remember, building healthy habits takes time and effort, but the rewards are worth it. You'll feel happier, more confident, and better equipped to handle whatever life throws your way. So, get out there and start making those small, positive changes today!



SELF-HELP ACTIVITY 1

SELF-HELP ACTIVITY 1

One way to monitor your positive habits is by creating a positive habit tracker. This is easier than it sounds and can make a big difference!

Start by creating a list of positive habits that can help promote good mental health. Some examples include practicing gratitude, getting regular exercise, connecting with others, and focusing on the positive. Create a tracker sheet or use an existing habit tracker app to track progress on these positive habits. The tracker should include columns for the habit, the date, and whether the habit was practiced or not. Set a goal for how often you want to practice each habit. For example, you may want to practice gratitude daily, exercise three times a week, or connect with a friend once a week.

Use the tracker to monitor your progress over time. Celebrate your successes and use setbacks as opportunities for growth and learning. At the end of each week or month, take time to reflect on the impact of your positive habits. How have they affected your physical and mental well-being? What changes have you noticed in your mood, energy levels, or overall outlook?

Use these reflections to adjust your goals and habits as needed. As you continue to track your progress, you may find that certain habits are more effective than others,

or that you need to make adjustments to your routine to better support your mental health. By tracking your progress and reflecting on the impact of your habits, you can develop a more positive outlook and cultivate habits that promote good mental health.

Remember, building positive habits takes time and effort, so don't be disheartened if you don't manage to do everything on your list, every day. Some days you will reach your target and some days you might not. But over time you will notice progress, so keep going!



Link to Video/Resources:

- **Habit tracking App: Habitica**

This is a gamified task manager that turns habit-building, habit-breaking and productivity into a gaming experience. <https://habitica.com/static/home>

- **Free printable/
downloadable habit
trackers**

<https://www.pinterest.ie/pin/911767887030563269/>



VIDEO LIBRARY

The benefits of a positive attitude on mental and physical health

<https://youtu.be/W-8DP9ItXu0>

The power of positivity

<https://youtu.be/kO1kgl0p-Hw>

What self-care means to me

<https://youtu.be/9-F5hhr-Fyo>





TAMUS

TALKING ABOUT IT MAKES US STRONGER



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.
Project number: 2022-1-DE02-KA220-ADU-000085693