

SELF-CARE FOR PREVENTION AND EARLY INTERVENTION

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?



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LEVEL

Introductory

AGE GROUP

13-17 years old

TOPIC

Self-care for prevention and early intervention



In today's fast-paced world, we all face challenges and stressors that can impact our mental health, but there are simple yet powerful ways to protect ourselves. Practicing self-care can help prevent mental ill-health by reducing stress, increasing self-awareness, and promoting positive feelings. When we take care of ourselves, we feel better, and we're better able to handle the challenges that life throws our way. Watch this short video to learn more about the importance of self-care.

Link: <https://youtu.be/5BiIqaCNJiY?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 that self-care was important when looking after your mental health?
4. Did you realise the importance of sleep when looking after your mental health?
5. Now you know its importance, do you think you will make more time to practice self-care?
 - i. Take 2 minutes to write down why you think that. Explain your answer here:

EXPECTED LEARNING OUTCOMES

KNOWLEDGE

- Knowledge of self-care routines to protect against mental ill-health.

SKILLS

- Describe why self-care is important; Apply techniques to prevent mental ill-health.

ATTITUDES

- Willing to try different activities to prevent mental ill-health.



MAKING TIME FOR SELF-CARE

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Self-care is all about taking care of yourself, both mentally and physically. It includes doing things that make you feel good and happy. In today's busy world, it's easy to forget to make time for activities you enjoy. But even setting aside just 30 minutes to do something you love is really important for your mental health.

Self-care can be as simple as exercising regularly, getting enough sleep, eating healthy meals, and spending time with friends. But it can also be listening to music, watching a movie, or doing anything that makes you feel good! You can choose to do these activities alone, with a friend, or even in a group. Remember, self-care is unique to each person, so what works for one may not work for another. It's all about finding what makes you feel good and making it a regular part of your day. By prioritising your mental health during good days, it becomes easier to do so even on the not-so-good days.

Establishing self-care routines, understanding why it's important, and being open to trying new activities can help you take care of your mental health and live a happier, more balanced life. Remember, it's okay to take time for yourself and do things that bring you joy. Everyone deserves to be happy and healthy, so make self-care a priority in your life!

SELF-HELP ACTIVITY 1

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This activity allows you to personalise your own mood-boosting music playlist which you can access any time you need a boost.

Creating a music playlist can have a positive impact on your mood and help you feel better. To get started, make a list of songs and musicians that uplift, motivate, or calm you. Whether you use pen and paper or your phone, write down the names of music songs and tracks that you love. Then, head over to YouTube or a music streaming platform to build your playlist.

To ensure that your playlist is suitable for every occasion, include both slow and upbeat songs from all genres that can elevate your mood no matter how you're feeling. You can choose to listen to your playlist on speakers or with headphones, depending on your preference.

It's a good idea to save your playlist and revisit it regularly. This way, you can experiment with different genres and add new songs to keep your playlist fresh and interesting. Creating a playlist can be a fun and effective way to boost your mood and enjoy some relaxation time. Music is a powerful mood-booster and listening to a music playlist is just one way you can unwind your mind and de-stress.

Link to Video/Resources:

How to use music for mental health

<https://au.reachout.com/articles/how-to-use-music-for-mental-health>

VIDEO LIBRARY

The Scientific Power of Music

<https://youtu.be/SePL2w5f6dE>

What Can You Do to Practice Self-care?

<https://youtu.be/4tTWLOpYsMI>

Self-care Tips

<https://youtu.be/HsfD13hotrg>





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