

THE IMPORTANCE OF 'ME-TIME'



LEVEL

Advanced Level

AGE GROUP

18 – 20 year olds

TOPIC

The Importance of 'Me- Time'

EXPECTED LEARNING OUTCOMES

Knowledge

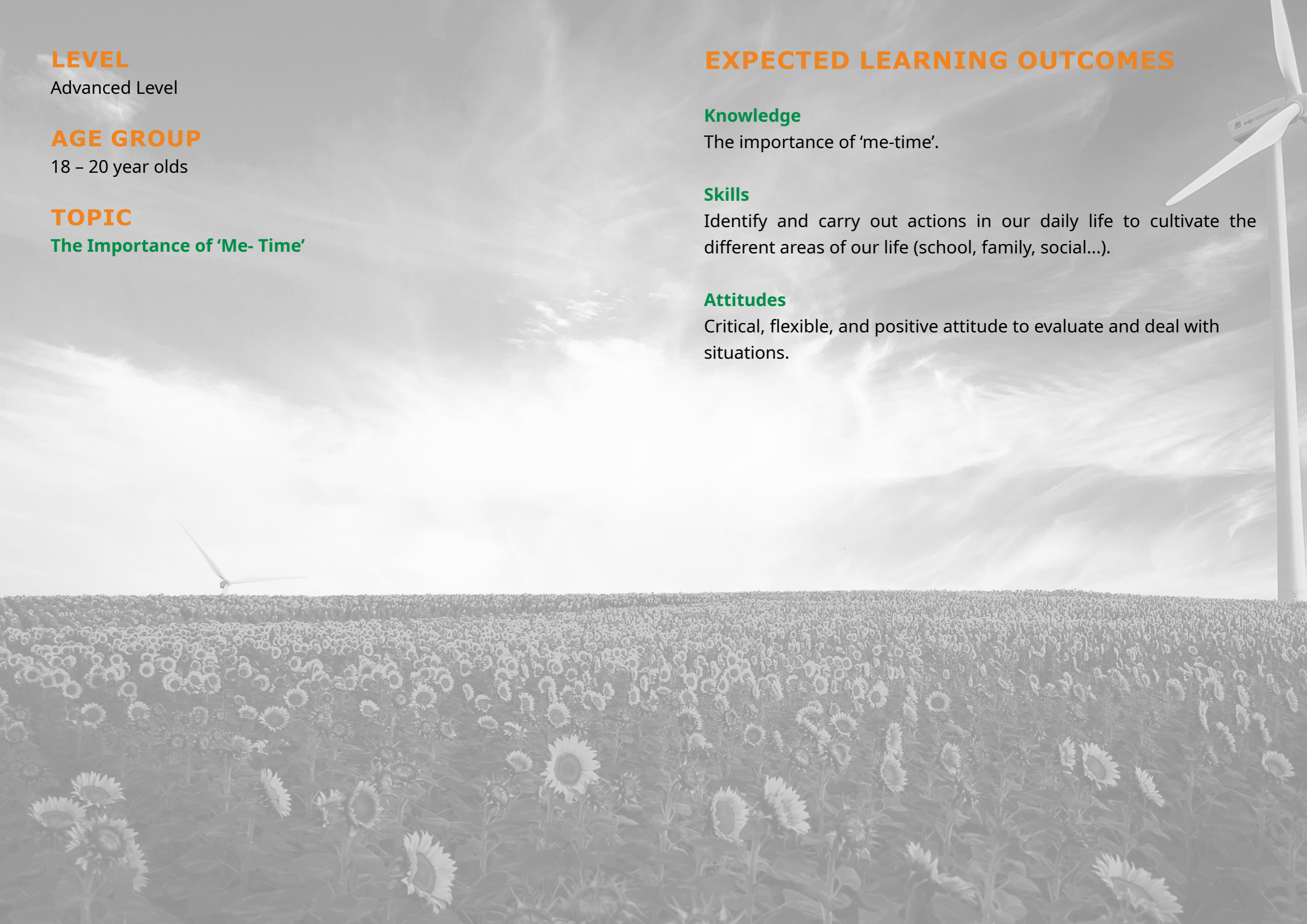
The importance of 'me-time'.

Skills

Identify and carry out actions in our daily life to cultivate the different areas of our life (school, family, social...).

Attitudes

Critical, flexible, and positive attitude to evaluate and deal with situations.



EXPLAINER VIDEO

Have you ever felt overwhelmed or felt like your mind is worrying about a million different things causing you to feel exhausted or run down? That, unfortunately, is life! It may seem like everything is happening around you, and it can take its toll on your body and mental well-being. Everyone goes through it at some stage in their lives. It's normal to feel this way!

However, it is equally necessary that you reserve some time for yourself to check these feelings and validate and accept them as they are. It is a lot to ask of your body and mind to deal with all these things without taking the time to take care of yourself!

Taking care of ourselves can be perceived by others as being selfish, but it is an essential thing we must do. Taking care of ourselves not merely enhances our relationship with ourselves but with other people too. When our bodies and brains are constantly working, it's easy to become overpowered with life. In turn, this causes our moods to change more swiftly. We become easily frustrated while having

less power over our responses. Regular, uninterrupted 'me-time' allows our busy brains to turn off and decompress. In doing so, we alleviate stress which allows us to sleep better, provides us with more control over our moods, raises our patience level, and helps us to live in the moment. All these benefits fill us up inside, and when we are full, we can pour into the things that matter most to you, including our relationships. 'Me-time' is our magic reset switch. 'Me-time' is something to recharge you. It is merely picking to utilise the time we already have a bit more mindfully. 'Me-time' can be spent and scheduled in several methods, but there are a few hacks to balance any schedule.

Firstly, remember to say no. It is our nature to be social and say yes to nearly every opportunity that comes our way. However, it also leads to an overcommitted schedule. When we are overcommitted, we aren't capable to deliver one hundred per cent of ourselves to who we are with or where we are. Saying no, allows us to recover the balance we require in our lives.

We should never feel sorry for scheduling and taking time for "me". Caring for ourselves in this way conditions us for the rest of life. It is not a pointless pastime, 'me-time' is critical for our mental and physical health.

We can take time for ourselves in numerous different ways and with varying amounts of time. We can decide to wake up five minutes earlier than the rest of our household, or we can go out for the day for an adventure. Just ensure that whatever you choose, you are choosing it for yourself!



CHECK-IN QUIZ

Slow down, take a breath and reflect on how you are dealing with everything going on in your life. Take this quiz to check in with yourself and see if you are putting “me-time” first!

- 1. I make time to be with my thoughts and self-reflect.**
 - Yes
 - Somewhat
 - No
- 2. I say no to extra responsibilities when my plate is already full.**
 - Yes
 - Somewhat
 - No
- 3. I get a sufficient amount of sleep.**
 - Yes
 - Somewhat
 - No
- 4. I take time to slow down and take care of myself when I'm feeling overwhelmed by life.**
 - Yes
 - Somewhat
 - No
- 5. I make quiet time for myself to complete necessary tasks.**
 - Yes
 - Somewhat
 - No

ARTICLE: HOW TO MAKE 'ME-TIME'

HOW TO MAKE 'ME-TIME'

'Me-Time' is time that you set aside every day to spend some time relaxing and doing things for yourself. The importance of positive 'me time' builds self confidence and sends our body a positive message by prioritising our own health over everything else. It gives you time to start a new hobby, try new things, find what makes us happy or even just decompress!

Taking care of our bodies and our minds helps to improve our own self-image and helps our brains to unplug and unwind. Finding regular time to express yourself and indulge in your favourite things gives your brain better control over the hecticness of everyday life and hits the reset button!

The best way to make some 'me-time' is to schedule it! Your own time needs to be as important to you as any other occasion. Let the 'me-time' live in your calendar and carry the same weight as other important plans.

Here are some ways you can execute your 'me-time':

- Set aside 30 minutes to 1 hour after work to do something you want to do.
- Go for a walk or run by yourself.
- Plan a date night for yourself.
- Listen to music or podcasts.
- Take a nap.
- Take up a hobby that interests you.
- Go tech free for a day.
- Go for a tea or coffee at a coffee shop.
- Spend time journaling about how you are feeling.

- Go for a vacation by yourself.
- Go for a long drive.
- Have a spa day.
- Meditate.
- Read a few chapters of your favourite book.
- Find a TV series or movie to watch.

These are just some suggestions for you to do your 'me-time'. What is essential for you to have 'me-time' is doing something that interests you and that will help you take care of yourself and give you peace of mind.



SELF-HELP ACTIVITY 1 – MEDITATION

This small help activity is just one of the ways to utilise your 'me-time', so that you can take the time to unwind, self-reflect about your day, and to recharge. This activity can be done anywhere and at any time that suits you best. Now relax and recharge!

It's essential to recognise that you are a priority and letting yourself have just a little time for purposeful reflection can have a positive effect on the remainder of your day.

So, let's utilise these next few moments to return to centre and set an intention for the remainder of your day.

1. Move into a relaxed position, whether you are sitting at your desk at work, or you are sat on the couch at home, and gently shut your eyes and divert all your awareness onto your breathing, taking slower, deeper breaths than you've taken all day so far.
2. Take a deep breath through your nose and slowly let it out through your mouth.
3. Continuing breathing that way, feeling your lungs expand out as you inhale.
4. Contract your back in as you exhale. Tune into your body, seeing how it feels. Notice any area of stress or tightness in your body and allow those areas to unwind, transmitting tenderness into those areas.
5. Allow your body to be aware that it is all right to rest and unwind for the next few minutes.
6. You may notice that your mind begins to wander off. That's normal. Just be mindful of it and redirect your awareness back to your body utilising your breath as an anchor.

7. Attempt to visualise one thing that's happened today, that's made you smile or make you grateful and just allow that emotion to fill you up for a moment.
8. Breathe that feeling from the top of your head to the tips of your toes and permit yourself to smile if that feels natural.
9. Now concentrate on something that you could do today for yourself that will let you continue feeling this way. It could be something little as choosing to go to bed earlier tonight so that you have time to finally read that book that's been on your bedside table or to get up earlier to go for a walk or run before work.
10. Take a final deep breath in, transmitting that breath through your whole body and exhale it out, and in your own time, gradually bring your attention back to where you are and thank yourself for taking these few minutes, to just be intentional and considerate to yourself.
11. And when you're ready, you can gently open your eyes and appreciate the rest of your day.

Link to Video:

Let Go of Negative Emotions, Guilt, Regret, Fear, Inner Conflict, Meditation Music, Healing Music

VIDEO LIBRARY

The Importance of "Me Time"

<https://www.youtube.com/watch?v=AM3XfnrAOPc>

Smalls Ways to Practice Self-Care in Difficult Times

<https://www.youtube.com/watch?v=Mqqxi8mt4t0>

THE CHOICE (Short Animated Movie)

<https://www.youtube.com/watch?v=HEnohs6yYw>

IRENE

Family Learning to Address Domestic Violence



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