

THE IMPORTANCE OF 'ME-TIME'



LEVEL

Introductory Level

AGE GROUP

13 – 16 year olds

TOPIC

The Importance of 'Me- Time'

EXPECTED LEARNING OUTCOMES

Knowledge

The importance of 'me-time', and knowledge of self-care and pleasurable activities

Skills

Identify activities that are pleasurable. Organise time effectively including routines for self-care.

Attitudes

Positive attitude to self care



EXPLAINER VIDEO

Life is so busy that it can be hard to find time to do everything, especially the things that help you relax. You might think you have no time to unwind but it's important that you make time! Making time to do these things that make us feel good is called 'Me-Time'. We all need Me-Time! It's an important way to look after our mental and physical health and stop things from becoming too overwhelming. What will you do for your Me-Time?

Life is hectic! sometimes things can build up without you even realising. Trying to keep on top of everything like school, family, relationships, and friends is exhausting. How many times have you thought- 'I'm so busy', 'I wish I had more time to relax'.

Life can be so busy and it can be hard to make time to do the things you love. But if we don't make time we can become stressed and anxious which is not good!

That's why it's important to make time for self care or 'Me-Time'. Me-Time means taking some time to do something nice that you enjoy and that makes you feel good. Me-time is extremely important and is a good way of looking after your mental health.

When we are very busy and don't have me-time, we can become stressed, anxious and overwhelmed. We might become angry or upset easily and find it difficult to relax or sleep because our brain is too busy, with thoughts buzzing around our head.

When we have regular Me-Time it helps our body and mind relax and everything seems easier. Life is busy so it can be hard to make Me-Time so that's why you should plan it in advance.

Everybody likes to relax by doing different things, so it's important that you choose something that makes YOU feel good. You might want to do something on your own or with friends. It could be playing your favourite sport, watching a funny film or listening to your favourite music. Even if you only take 5 minutes, try to have some Me-Time every day. What will you do for your Me-Time?



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 am so busy I don't have time to relax
 - True
 - False
 - Sometimes
2. Sometimes I feel stressed or anxious
 - True
 - False
 - Sometimes
3. I try to do something nice for myself every day
 - True
 - False
 - Sometimes
4. I make time to do things I enjoy
 - True
 - False
 - Sometimes
5. I get enough sleep
 - True
 - False
 - Sometimes

ARTICLE: HOW TO MAKE 'ME-TIME'

HOW TO MAKE 'ME-TIME'

You might think that making time for yourself is a luxury or something that you don't have time for. But taking some me time is an important part of self care. Self care is when you take the time to take care of yourself and it's extremely important in helping us look after our mental, emotional and physical health or wellbeing.

What you do during 'me-time' is totally up to you! You could choose something simple like going to the cinema with friends, going for a walk or listening to music. The best way to make some 'me-time' is to plan it. When you're super busy you might feel like you've no time to do the things that you enjoy and help you relax. Fortunately, there are lots of simple things you can do that shouldn't take much time.

Even doing something fun for 15 minutes will help! Two areas that many people choose for 'me-time' is listening to music and doing something that makes them laugh.

Music

Lots of people find chilling out and listening to or playing music really beneficial. Playing music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol which is a hormone that is linked to stress. Make a playlist with all your favourite songs that you can stick on when you need to unwind.

Laugh

Having a good laugh is one of the best things you can do to unwind. You might have heard the saying 'Laughter is the best medicine' but it's actually true as researchers have found that laughing is good for your health! It relaxes the body and mind by releasing the body's feel-good chemicals called endorphins. Make time to watch a funny movie or TV show or even better spend time with your friends for a guaranteed laugh.

3 'Me-time' Tips:

1. Remember what works for one person may not work for you
2. Plan some 'me-time' every day – even 10 minutes
3. Write down a list of 'me-time' activities and start trying them out!



SELF-HELP ACTIVITY 1 – SQUARE BREATHING RELAXATION EXERCISE

Square breathing is a type of breathing exercise or meditation that is a perfect 'me-time' activity. It helps to relax your body, calm your nervous system, and reduce any stress.

Practising Square breathing also known as 'Box breathing' regularly will help your body and mind become more relaxed. It can feel strange to do at first because we don't always make time to breathe properly. But doing this regularly is a great way to take a few minutes out to relax your mind and body.

- Sit comfortably in a chair, with your feet on the floor and hands in your lap.
- Some people like to close their eyes when doing this as it helps them concentrate on their breathing easier.
- Breathe in slowly through your nose for a count of four, allowing the air to fill your belly right up like air inflating a balloon.
- Hold your breath in for a count of four.
- Breathe out slowly through your mouth for a count of four.
- As you breathe, imagine your favourite colour filling up your body and helping your mind and body feel nice and relaxed.
- Finally, hold your breath for a count of four.
- Repeat this again for three minutes.
- You might have to try this a few times before you find any benefit from it. But with practice this can become a useful and simple way to relax your mind and body.

Link to Video:

Guided Square Breathing Exercise in 2 minutes

VIDEO LIBRARY

What can you do to practice self care?

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

What does self care really mean?

<https://youtu.be/c5OF9OafV2c>

10 health benefits of laughter

<https://youtu.be/K5yClbsdJkg>

IRENE

Family Learning to Address Domestic Violence

aldaima asociación andaluza de apoyo a la infancia



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