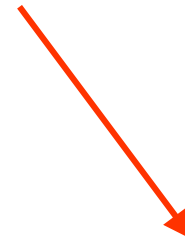







PIXL
Wellbeing

Quick Recap



Characteristics of PiXL Wellbeing



THEMES	CHARACTERISITCS	
	Being Active	Recharge
	Nutrition	Behaviour
	Connections	Pride
	Personal Growth	Lifestyle
	Mind-set	Feelings
	Focus	Self-Management

We are focusing on “My Mind” for this part of the course

newsround - world mental health day - why wellbeing can decline as children get older - why it is important to talk:

<https://www.bbc.co.uk/newsround/49923691>

Overview – My Mind



1. Mindset

Healthy Mind & Body
Mind Training
Mental Toughness
Determination

2. Feelings

Emotions
Mental Health
Positivity
Self-awareness

3. Self-Management

Preparation
Coping Strategies
Self-Control
Support Network

4. Focus

Goal setting
Strategy
Belief
Motivation

TODAY'S SESSION – Introduction to 'My Mind'



- Identify the types of things that affect our mind
- Understand the positive & negative effects of our minds
- Know the essential daily activities which contribute to a having healthy mind



The importance of our minds



**THE MIND IS A
POWERFUL FORCE.
IT CAN ENSLAVE US
OR EMPOWER US.
IT CAN PLUNGE US INTO
THE DEPTHS OF MISERY
OR TAKE US TO THE
HEIGHTS OF ECSTASY.
LEARN TO USE
THE POWER WISELY.**

DAVID CUSCHIERI

1. Can you think of a time when you were sad, stressed or unhappy – what was your mind telling you?

2. Can you think of a time that you felt great & excited – what was your mind telling you?

The importance of our minds



YOU CAN'T
LIVE A
positive life
WITH A
NEGATIVE
MIND.



The attitude you choose to have can impact your:

- work ethic
- your relationships
- your overall happiness
- satisfaction with your life.

In groups, discuss what we mean by “Mindset”?

Definition – The Mind

- ‘The element of a person that enables them to be aware of the world and their experiences, to think, and to feel.’
- ‘A person's ability to think and reason’

Definition – Mindset

- The way we think, feel & have opinions
- Our attitudes, moods & beliefs
- An inclination or a habit
- A mental attitude that determines how you will interpret & respond to situations
- The thought processes of an individual



We are what we think

Your attitude and mindset are a choice.

You can choose to look at your life positively and maintain an optimistic mindset, or you can choose to have a negative, self-pitying attitude.



In pairs, write down all the things that happen on a daily or weekly basis that influence or affect your mindset?

- Mind-set can affect our responses to situations
- How we approach tasks and challenges
- Social media
- Interactions with friends or family
- Our moods and emotions
- Daily life choices e.g. a walk, a bath
- Daily actions e.g. an exam, walking to school
- The food we eat or exercise we complete
- Our self esteem and confidence



Now, circle all the ones that have a positive impact to your mind

For example:

- Going for a run
- Listening to music
- Seeing friends
- Having a bath



The mind is like a sophisticated computer

- Its function is to learn, remember, and process or understand life and the things in it
- The mind is a powerful thing. With the right attitude and a positive mindset, it's possible to motivate yourself to achieve your dreams.

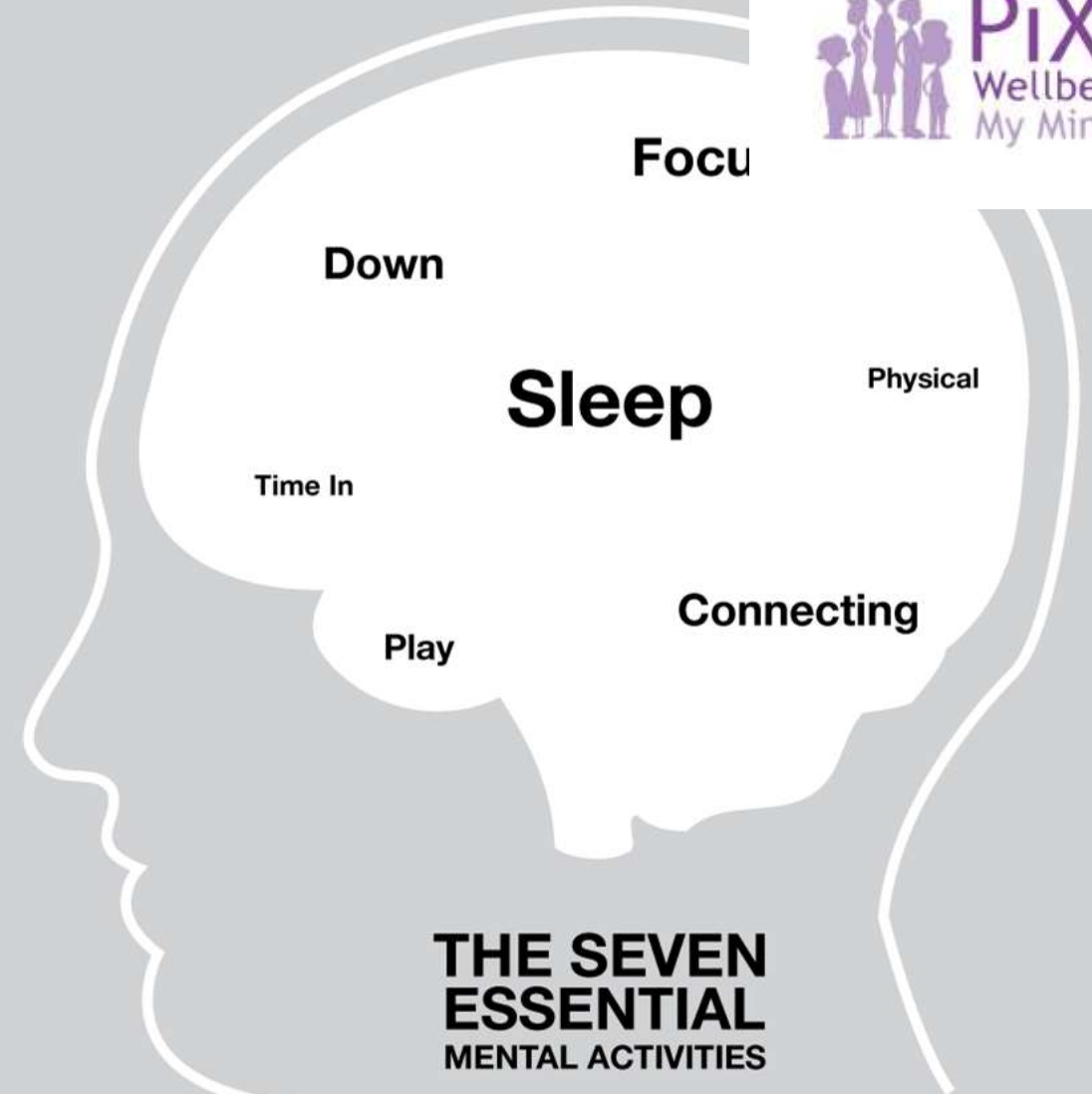


The Healthy Mind Platter

Just like the Eatwell plate, there is a ‘Healthy Mind Platter’

The **Healthy Mind Platter** has **seven** daily **essential mental activities** necessary for optimum mental health.

These seven daily activities make up the full set of “**mental nutrients**” that your brain and relationships need to function at their best.



Created in the US by David Rock and Daniel J Siegel

Healthy Mind Platter

The seven essential daily mental activities are:



The Healthy Mind Platter, for Optimal Brain Matter

Created in the US by David Rock and Daniel J Siegel

How TV is tackling mental health issues:

Young people and mental health:

A collection exploring mental health problems suffered by teenagers and children:

<https://www.bbc.co.uk/programmes/p04jcl09>

*20 minute video clip on how Teens react to teen mental health in film
and tv:*

<https://www.youtube.com/watch?v=LABRZaw-sls>

Find Help ▾

Get Involved ▾

For Professionals ▾

 SEARCH

Parents Helpline

Donate

You are here: [Home](#) / [About Us](#) / [Reports](#) / [Coronavirus: Impact on Young People with Mental Health Needs](#)



Coronavirus: Impact on Young People with Mental Health Needs

Read our reports looking at the impact of coronavirus on the mental health of young people and find out what we're asking of Government.



Healthy Mind Platter



Focus Time

When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.



Play Time

When we allow ourselves to be spontaneous or creative, playfully enjoying random or new experiences, which helps make new connections in the brain.



Connecting Time

When we connect with other people, ideally in person, or take time to appreciate our connection to the world around us, richly activating the brain's relational circuit.

Healthy Mind Platter



Physical Time

When we actively move our bodies and carry out exercise. This helps to strengthen the brain in many ways.



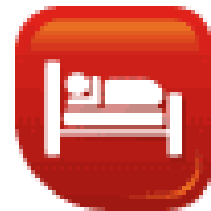
Time In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain and being mindful,



Down Time

When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.



Sleep Time

When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.

TASK: How many activities do you do on the Healthy Mind Platter?

1. Use the worksheet to map out an average day and see what percentage of your time you spend in each area.
2. With a partner, share the areas which you need to improve on



TASK: Healthy Mind Action Plan

Choose 3 actions which you are going to focus on to improve your healthy mind platter

Our greatest battles are those with our own minds.



Recap- The Mind Introduction

“ There's no specific recipe for a healthy mind, as each individual is different, and our needs change over time too ”

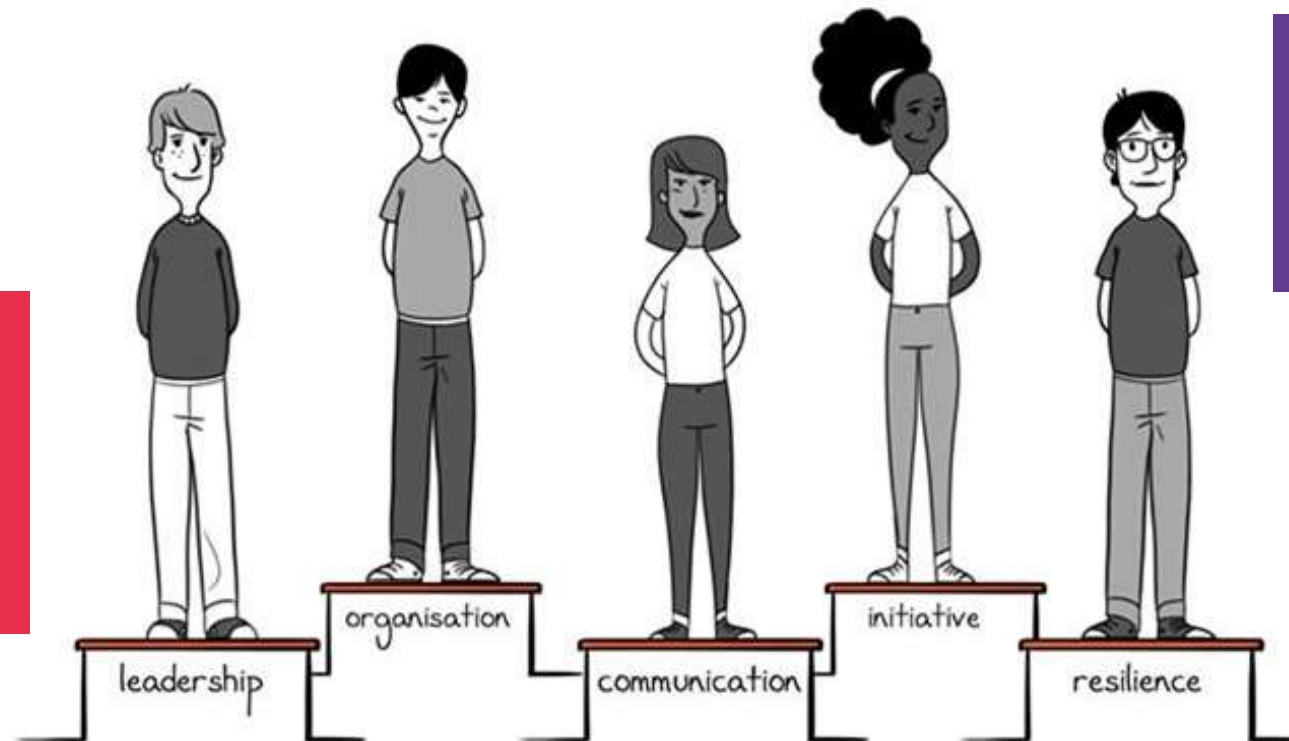
“ Mental wellness is all about giving your brain lots of opportunities to develop in different ways. ”



Let's look at LORIC

How & why is LORIC important or can contribute to keeping a positive mind?

Leadership: It will help me grow in confidence & feel a sense of achievement



Initiative: I can ask for help if I need it or seek ways to help me stay positive

Resilience: help to be determined, persevere and to not give up

NEXT SESSION



**HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY**

**Healthy
Body &
Healthy
Mind Part 1**