

# Jigsaw PSHE 11-16

## 'Recovery Package'

Lesson a) Looking after myself



# Looking after myself







Everyone has the right to...

Participate or pass

Listen and speak

Privacy

An opinion

Learn

Covid rules

Covid rules

Covid rules

Everyone has the responsibility to...

Allow others to participate or pass

Listen and allow others to speak

Maintain privacy

Respect difference of opinion

Allow others to learn

Covid rules

Covid rules

Covid rules

**Learning intentions for this lesson:**

I can identify ways to protect my physical and mental health

I can explain how looking after myself could lead to a better quality of life

I can describe how to look after my mental health



# Mindfulness practice



# Looking after someone

**What does it mean to 'look after someone?'**

**Write a definition - share this with someone else if possible.**

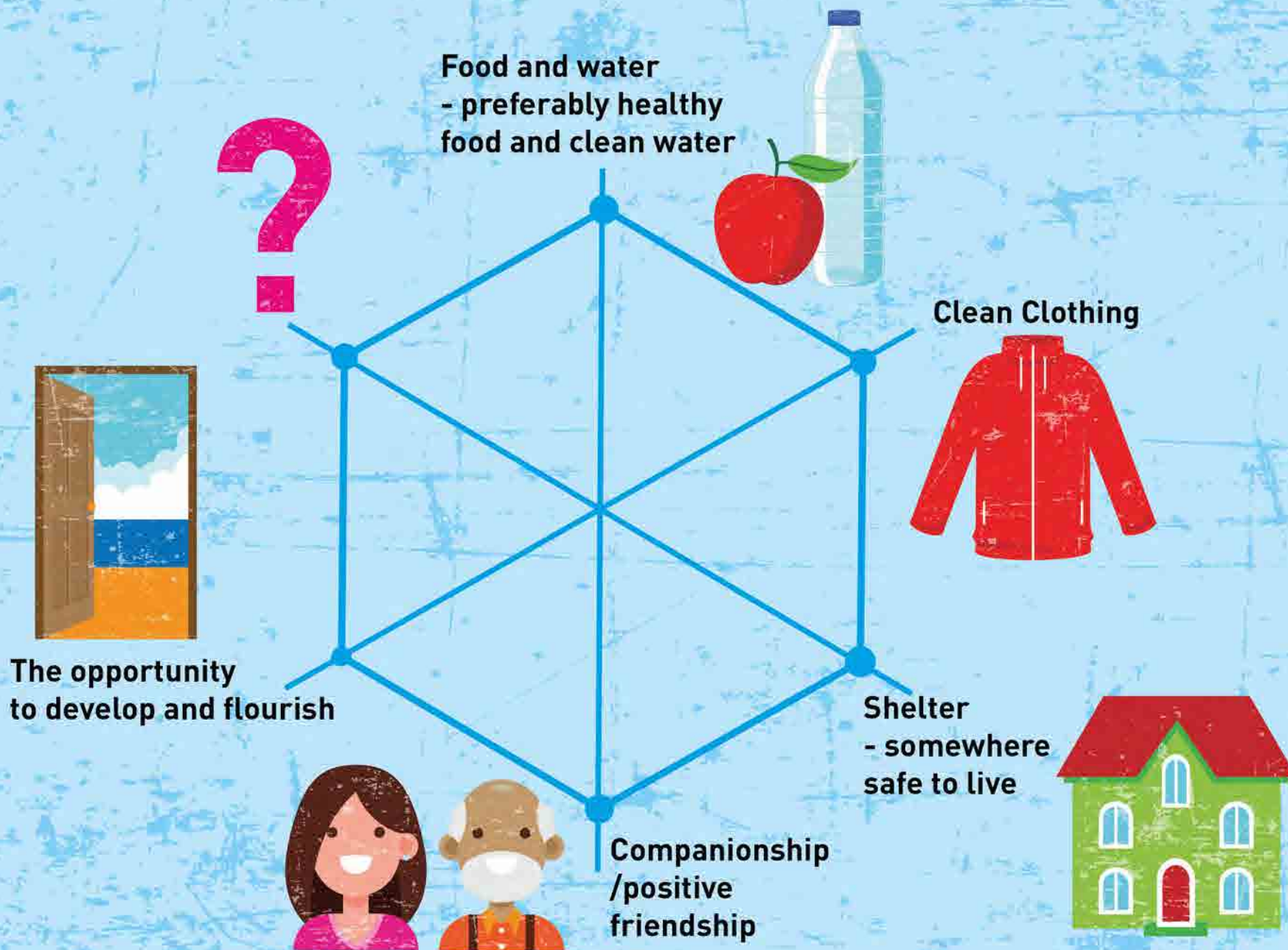


**Looking after someone means caring for them, making sure they have what they need.**

**What sort of things do people need in order to be OK?**

**List 5 ways in which you could look after someone.**





**How would you show that you care for a special person?**

**Make a top 10 and try to give reasons why this is important**





## What about looking after yourself?

Often we spend time caring for others but do not necessarily look after ourselves

## Why should we look after ourselves?

Here are some quotes to give you an idea



# Why should we look after ourselves?

“Learning to love yourself is like learning to walk - essential, life-changing, and the only way to stand tall.”  
- Vironika Tugaleva (author)

“If you feel “burnout” setting in, if you feel demoralised and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.”  
- Dalai Lama

“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.”  
- Anna Quindlen

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others”  
- Maya Angelou

“If your compassion does not include yourself, it is incomplete”  
- Jack Kornfield

“It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary.”  
- Mandy Hale

“Keep good company, read good books, love good things and cultivate soul and body as faithfully as you can.”  
- Louisa May Alcott



# So how could we look after ourselves?

**Make a list of things you could do to look after yourself physically...**

**Make a list of things you could do to look after yourself mentally...**



# What could you do to look after yourself physically....





# Eating Well



**Food is fuel for the body but it is also so much more than that.**

**Eating is a social activity and many great experiences in life will have food as part of the process.**

**What you eat matters.**

**Your body is a very sophisticated organism - you have many different parts that do specific jobs to keep you healthy.**

**However we cannot just eat anything. Some foods are good for us, some are not.**

**The UK Government produced an Eat well guide to help people understand how best to eat healthily.**



# The Eat Well Guide

Look at the Eatwell plate and think about your diet.

Do you eat 5 portions of fruit and vegetables a day? If not, can you explain why?

Eating well will help you be healthy.

If you are healthier you can hopefully have a long and active life.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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# Exercise

Answer the following questions honestly.

Do you like exercise? If so why, if not why not?

Why might it be helpful to exercise with others?

What sort of exercise would you like to try?

What sort of exercise do you really not like?

Do you like team sports? Explain your answer.



What do you think are the best forms of exercise?



# Best sorts of exercise

## These include

1. Walking - going for a walk outdoors helps mind and body.
2. Swimming.
3. Aerobic exercise (raises heart rate and builds fitness).
4. Tai Chi - a martial art which combines movement and relaxation - good for body and mind.

These are good as they do not put too much stress on individual parts of the body yet still help with fitness and weight control.

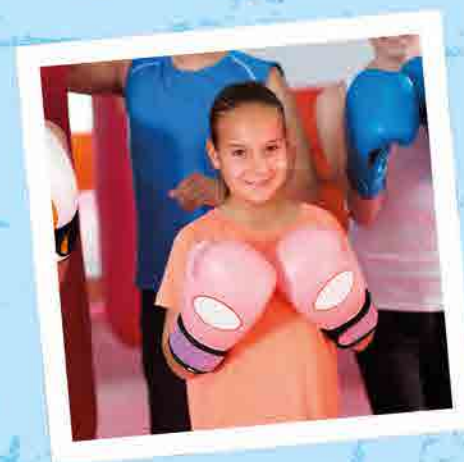
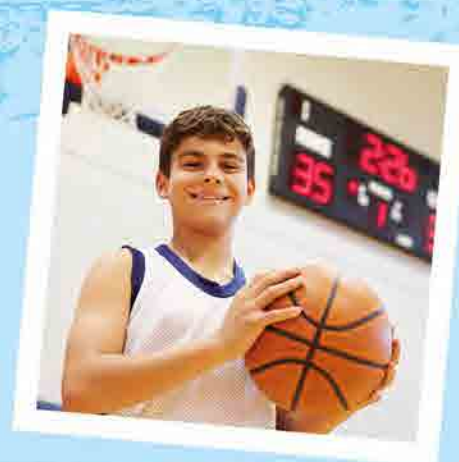




# Why do we need to exercise?

## Exercise can...

- **Make you feel happier - it releases happy hormones**
- **Improve your energy levels - the fitter you are the more you feel like doing**
- **Stimulate your brain - your brain responds to challenges - sometimes great ideas come when you are exercising**
- **Reduce stress - if you are fed up it will take your mind off things**
- **Help control anger - if you are angry a controlled physical activity can help you release your emotions**





# Sleep

**Sleep is your body's way of recovering from the previous day**

**Sleep helps your brain process things and gets you ready for the next day**

**It's a good idea to try and get 8 hours sleep a day**

**It's a good idea to avoid looking at small screens prior to sleep – your brain needs to wind down not be overstimulated**

**Honestly answer these**

**How much sleep do you have?**

**What time do you normally go to bed?**

**Do you go straight to sleep?**

**Do you turn your phone off overnight?**





# Looking after yourself

There is more to looking after yourself than physical health...

**What about your mental health?**

**Do you look after that too?**

**Mental health includes our emotional, psychological, and social well-being.**

**It affects how we think, feel, and act.**

**It also helps determine how we handle stress, relate to others, and make choices.**

**Mental health is important at every stage of life, from childhood and adolescence through adulthood.**



# Looking after your mental health...

Remember the following key fact

**We are often harder on ourselves than on anyone else**

So please take the following tips

- Be Kind to yourself
- Surround yourself with positive influences
- Forgive your own mistakes and move on
- Try to learn something new each day
- Give yourself the opportunity to shine

During the Coronavirus lockdown the NHS gave the following tips for looking after your mental health

- Plan things for the future
- Stay connected with people - keep relationships alive
- Talk about your worries - don't bottle things up
- Look after your body
- Do things you enjoy
- Take time to relax



# Final Activity - Plan some of the following in the next week...

## Choose from the following

- Eat more healthily
- Go for a 30 minute walk outside every day
- Go to sleep at a healthier time - Aim to get 8 hours sleep
- Reduce the amount of time spent on your phone or playing online games
- Plan some fun activities to do with friends once restrictions are lifted
- Be kind to people around you
- Research the work of a key charity
- Show respect to key workers



You could keep a record of what you did and write down how you felt



# Finishing Facts

**Looking after someone means to take care of them.**

**We also need to make sure that we look after ourselves.**

**This can be in a variety of ways;**

**We can look after our physical health by**

- eating well,
- exercising regularly and
- sleeping well.

**We also need to look after our mental health – we can do this by**

- being kind to ourselves,
- learning from mistakes without being too hard on ourselves and
- surrounding ourselves with positive influences.



**Learning intentions for this lesson:**

I can identify ways to protect my physical and mental health

I can explain how looking after myself could lead to a better quality of life

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**Reflect on what you have learnt this lesson and note some actions you intend to take as a result.**