



Welcome to your personal guide  
for working on your Mental  
Health and Self- Care



**Session 2- SELF EMPOWERMENT THROUGH SELF INTROSPECTION  
& SCHEDULING: MINDING OUR MINDS**

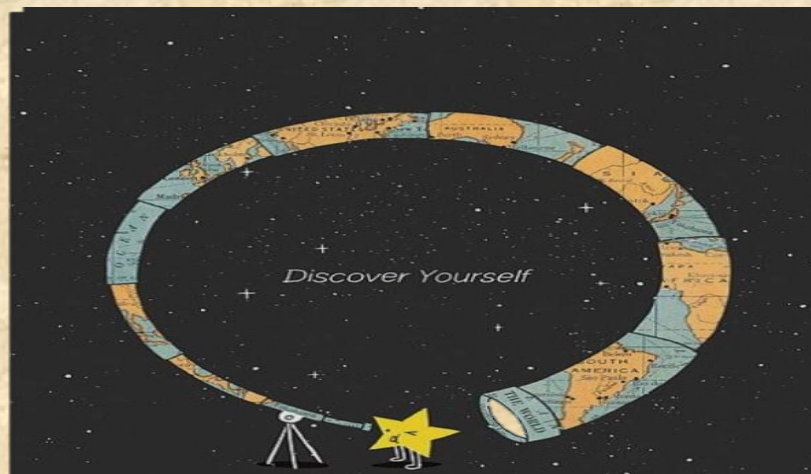
**Dear Students,**

Our days have started to look and feel radically different. Change, especially the change that we didn't see coming has got us all feeling overwhelmed and not normal. We hope you all are taking care of your physical health by taking all the necessitated precautions, we also need to be vigilant of the psychological distress being caused to us. In these times, we may contemplate that we underestimate the importance of our daily tasks- waking up early for school, commuting to school, chatting with friends about the day and studying in the four walls of our school with our teachers by our side rather than behind a screen. Therefore, it is important to bring in a sense of purpose by recalibrating structure to our day. Adding structure, however you can, will make you feel a little more grounded, a little more purposeful. Without it, we kind of feel like we have no anchor and we're floating around. Structure and Social Interactions may be the anchors we need to be able to feel like ourselves again. How we construe this situation is also how we end up feeling. Much like how organisations do a SWOT analysis to determine and reiterate productivity, we humans also need to critically analyse our negative patterns in life- be it delaying things for future or getting angry quickly. Now can also serve to be the time to take up things that we've been putting off for sometime and grow professionally as well as personally. While at it, always remember to take care of your physical and mental well-being.





*"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." -Professor Albus Dumbledore*



*"Knowing yourself is the beginning of all Wisdom"*  
*-Aristotle*

**Read the below paragraph, which is reflective of a meaningful way of looking at the current situation:**

- **Savour the small moments:** Even during lockdown you still have many small moments to savour. The smell of nature, the feel of sitting around family, enjoying the time . When you stop to take in these moments, rather than let them rush by on automatic pilot, you are giving your brain a chance to process the pleasure, which boosts your serotonin – the feel good neurotransmitter that helps elevate your mood and make you feel calm.
- **Strengthen your connections:** For those of us in family lockdown, now is the opportunity to spend quality time with our loved ones. Take the time to hug your parents and siblings, look them in the eyes, have long conversations with them – all of these gestures promote closeness and also boost your **oxytocin**, which is a hormone that bonds people and also has a calming effect on your body. When your oxytocin levels spike they tell your body to switch off cortisol, the stress hormone.
- **Look for the good in others:** These types of crises can bring out both the worst and the best in human nature. This week there were two Youtube clips that went viral in Australia about toilet paper. **One** was of three grown women fighting in Woolworths over a packet of toilet paper. **The other** was two young children dragging a large cart of toilet paper behind them and stopping at the homes of elderly people in their neighbourhood to give them a roll. I like to think that the best in human nature is rising to the **coronavirus challenge**. Philanthropists are donating money to scientists to find a cure. Doctors and medical staff are working overtime to help sick patients. Neighbourhoods are putting together care packages for people who are sleeping rough. People are posting positive messages on social media. Friends from across the globe reaching out to each other. **When we tune into these positive and pro-social aspects of the crisis.**

**In hope, we are united.**

### How Are You Feeling At the Moment ???

**It's okay , RELAX!!**

Now that you all have read this, sit back for 3-4 minutes and **think** about any **negative patterns** in your life that you would like to **change**. **Take a piece of paper** and note them down. Also write down or think about **how you can work towards changing these patterns**.

**Carrying on this activity we would like you to think about a few things and note them down for yourself:**



NEGATIVE THOUGHTS	CHANGED POSITIVE THOUGHTS
1)	
2)	
3)	
4)	

**ON THE BASIS OF THE ABOVE DISCUSSION, ANSWER THE FOLLOWING QUESTIONS, AS THEY WILL HELP YOU TO SELF INTROSPECT BETTER!!!**

**Q1.** Has this challenging experience in your life changed your attitude about anything?



**Q2.** Is there anything you always wanted to do and are finally getting the time to do it?



Q4. Is there anything that you have started to appreciate or look at with more positivity?



That brings us to our next section..

### **CREATING A SCHEDULE**

#### **But why does it matter??**

Routines can help you manage your emotional and mental health. Psychology says that, by ensuring that you have some good routines in place, like exercise, academics, connection, you can maintain some semblance of groundedness, even though we are all dealing with ambiguity. It can add certainty during uncertain times, which promotes our well-being and mental health. So having a routine right now is more important than ever. Make a schedule that makes you feel good and don't forget to include time for some **movement and relaxation**.



*"The best way to effectively use time is to schedule it."*

## *self-care checklist*

TODAY I...

- WORKED OUT
- MET/TALKED TO A FRIEND
- READ SOMETHING
- COMPLIMENTED SOMEONE
- TOOK TIME OFF SOCIAL MEDIA
- DRANK 2 LITRES OF WATER
- TOOK TIME FOR MYSELF
- DID SOMETHING FUN



You can follow this process to prepare your schedule:

1. Identify the time you have available.
2. Block in the essential tasks you must carry out to succeed in your studies and try to block time for family time as that is equally essential. Schedule your healthy activities, like exercising.
3. Schedule high-priority urgent tasks. This is the to do list you prepare every morning which contains the tasks that are extremely important. If you find it difficult to write your tasks for the day, begin with writing all the tasks you have. This technique is called a data dump. Prioritize and try to stick to the first three in the To-Do list. Find if there is something you've been procrastinating that would free up a lot of energy if you just went and did it? If so, put that item on your To Do list for tomorrow and do it first.

Check-in with what you need and remember that it's OK if those needs shift as time goes on. You're constantly growing and changing, and adapting to that is just one of the many ways you can show up for yourself in the midst of uncertainty.

Using the template given below you can start scheduling your daily or weekly activities; alternatively, you could customise your own routine with the presentation sent on class groups.

# Daily & Weekly schedule

BY CREATIVEBALORING.COM

time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
before 8							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
after 11							

Now that you've gone through the steps of scheduling and seen its importance, fill in the above table in your own time. You can choose a different style or design according to your own needs. Don't be scared to exercise creativity.



Kids, know that this will pass and there is always help available for you. You can reach out to our team of counsellors to help manage your mental health in these times of uncertainty.

[shreya.gandhi@pp.balbharati.org](mailto:shreya.gandhi@pp.balbharati.org)

[yashvibhatnagar@gmail.com](mailto:yashvibhatnagar@gmail.com)

[saaneyakapoor94@gmail.com](mailto:saaneyakapoor94@gmail.com)