

Topic

« TAKE CARE OF YOURSELF »

CHALLENGES

In our busy lives taking care of ourselves isn't always a top priority. But self-care is integral to our wellbeing and helps prevent us from becoming overwhelmed.

This topic aims to show how wellbeing is key to feeling at ease with ourselves and others.

We will offer tips on how to improve self-confidence and better manage stress.



KEY MESSAGES



We want to reduce the guilt people feel about taking 'me time.' Helping them to understand that it is important to take a step back and free up time to do activities- alone or with others - that makes them happy.

Our goal is to give people the tools they need to improve their wellbeing. We'll give tips on time management and how to find an activity that can fit around daily life.



I organise my daily life



01

Why not use a calendar so you can better organise your time and see where you have space to take a break?

Download a calendar template for free!
<https://www.canva.com/planners/templates/weekly-schedule>.

I'm more open to others



02

Scared to meet new faces? You're not alone. There are groups you can join that are designed to make it easier for you to meet new people with similar interests:

Nextdoor app https://play.google.com/store/apps/details?id=com.nextdoor&hl=en_GB&gl=US&pli=1

I'm learning to trust myself



03

We often feel stressed when an important event approaches. But there are ways to lower your stress no matter the occasion. Try the below tips!

<https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

I'm more confident when I talk to others



04

We finish with a few simple practices you can do to feel more confident when speaking with others.

<https://www.verywellmind.com/ten-ways-to-have-more-confident-body-language-3024855>

Workshop: A MESSAGE TO CALM YOU



AIM OF THE WORKSHOP:

Guide participants through a hand massage exercise. It will help them reconnect with their bodies and relax in stressful situations.

DURATION :

10 min



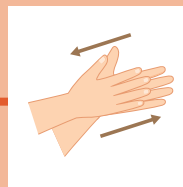
WORKSHOP PLAN:

Bring a bottle of moisturiser for the session. Ask each participant to sit comfortably on a chair.

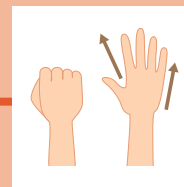
It is important that you do the movements yourself where everyone can see. This will help participants follow the exercise. For this to be a relaxing experience it is recommended that only the person guiding the massage (you) speak. **You can play relaxing music on in the background at a low volume.**

START OF THE GUIDED MASSAGE

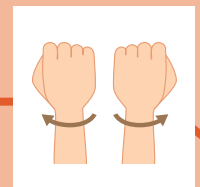
IN A CALM VOICE TELL PARTICIPANTS TO...



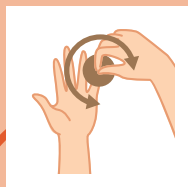
Warm up your hands by rubbing them together (20s)



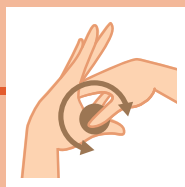
Open then close your hands, stretching your fingers out (3 times)



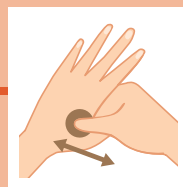
Gently rotate your wrists one way, then the other (5 times)



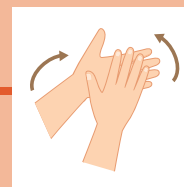
Massage each finger between your thumb and index finger: make circles with your thumb. Finish with pressure on the nail (2 times)



Massage your phalanges - the top, middle and lower part of your fingers - by making small circles (3 circles per phalanx)



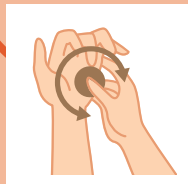
With your thumb, smooth the spaces between the bones of the back of your hand, going back and forth (2 or 3 times)



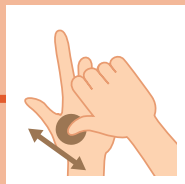
Distribute the cream on your hands by making small circles (20s)



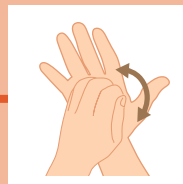
Put a dab of moisturizer on the hands of the participants



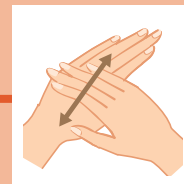
Make a larger and larger circle in your palm using your thumb (2 times)



Massage the base of the thumb firmly, going back and forth



Massage your palm with your fist, making a «screw unscrew» movement (20s)



Put your hand on your knee and smooth it from the wrist (2 times)

Before moving on to the other hand, take the time to feel the difference between the massaged hand and the other by closing your eyes. Repeat these movements for the other hand.

Here's a link to another simple hand massage they can try:

https://youtu.be/Cy2_ysihVAE

Conclusion :



Once you're finished with the exercise ask participants how the session made them feel. Encourage them to redo the massage on their own, especially when they feel stressed. Let them know it can be done anywhere, at home, at the table, on the train...

