

SEMINAR LESSON-- Mind, Body and Spirit: Thursday February 7, 2019

Today's advisory is related to Mind-Body-Spirit and taking care of yourself.

Read Quote: "You are essentially who you create yourself to be and all that occurs in your life is the result of your own making." — Stephen Richards

In your seminar, ask the group to reflect on the quote, and/or to briefly discuss ways they try to care for their mind, body, and spirit.

Have students take out a sheet of paper to complete the "self-care check-up list".

Ask students to take their time and be as honest as possible with their responses.

- Have the students **complete the "self-care check-up list"**

Mind, Body, Spirit

Self-Care Check-Up

Read through the following habits, routines, and activities. Put a **check mark** next to the things that you do regularly in your life. Put a * next to the things you do occasionally.

Put an **X** next to the things you've never done. **Then reread the list and circle five things you would like to try that might make a positive difference in how you feel mentally, physically, and spiritually.**

Mind

___ Take time for self-reflection (How I'm I doing? How am I feeling? What do I need to feel okay?)

___ Write in a journal

___ Check yourself (Listen to your inner thoughts, feelings, conscience and beliefs before acting)

___ Say no when you feel like you're on overload

___ Allow people to get to know who you really are

___ Reread favorite books, rewatch favorite movies, listen to favorite music

___ Use self-talk for personal encouragement and motivation

___ Identify comforting activities, surroundings, and treasured objects and seek them out

___ Visualize yourself (Imagine yourself in your own movie) accomplishing tasks that lead you to feel proud, competent or successful)

___ Rehearse hard conversations that you want to have with a friend, family member, or teacher

___ Find things that make you laugh

___ Allow yourself to cry

Body

- ___ Eat a healthy balanced diet
- ___ Eat three meals a day and keep snacks to once a day
- ___ Exercise, work out, or walk regularly
- ___ Participate in a physical activity regularly (dance, individual or team sports, martial arts, yoga, drill team...)
- ___ Get regular medical care and check-ups
- ___ Get enough sleep so you feel rested (at least seven hours a night)
- ___ Make space for quiet time away from all things electronic
- ___ Create a daily personal hygiene or skincare routine
- ___ Dress and fix your hair the way you like
- ___ Take time off every week to catch up on rest

Spirit

- ___ Spend time in nature
- ___ Take care of a pet, plants or a garden
- ___ Sing or play music
- ___ Do something that you enjoy and doesn't cost any money
- ___ Participate in a religious/spiritual community or congregation
- ___ Contribute your time and resources to do something you believe in
- ___ Attend a support group with peers who are working through a similar personal issue or family situation
- ___ Participate in a youth group outside of school
- ___ Connect with important people in your life on a regular basis
- ___ Make space for new people in your life
- ___ Connect by phone or email with family and friends whom you don't see often
- ___ Confide with your hopes and fears to a family member, friend or mentor who listens to you with full attention
- ___ Do something nice, unexpected, helpful, or special for a family member or friend

- Have students (If they will) share their thoughts with everybody based on their findings,
- Discuss what the students feel is **easiest to maintain/achieve** and what is the **most difficult**.
- See if you can brainstorm ways to improve in the areas of mind, body, and spirit (you can refer to the “self-care check-up list” for ideas).

Upon finishing, video clips are to be viewed if time permits

1. <https://youtu.be/0HxvEcxfbho>
2. <https://youtu.be/4UjP3R5zL1Y>
3. <https://youtu.be/CKyWdBvFQNO>