Session Plan – Week 2 - Healthy YOU

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| **Time:** | **Topic / Activity:** | **Details** | **Aid / Ref.** |
| 5 minutes | **Intro** | * Definition of Healthy: The complete state of physical, mental and social wellbeing. (WHO) * We know that stuff doesn’t make us happy, so what is the way to Wellbeing? (Ask for a few responses) | PowerPoint |
| 5 minutes | **How to Live to be 100** | * Introduce video - explain it is a shortened version of a longer TED Talk, that is worth checking out. Studies regions across the world that have the highest ratio of 100 year olds and the commonalities of their lifestyle to work out how we can live longer, better. Such as the Okinawa people of Japan. * Look out for the common themes. | Video - How to live to be 100. |
| 5 minutes | **5 ways to Wellbeing** | * Explain that many studies into wellbeing have been done, and the findings have many similarities. * Introduce the New Economics Foundation in the UK. An organisation that is trying to promote social, economic and environmental justice. Strive to transition the economy so that it works for people and the planet. * Share the 5-ways to Wellbeing from the NEF. * Ask participants to think about how these relate to their own experiences of wellbeing and happiness. | PowerPoint |
| 5 minutes | **25 Days of Wellbeing - Preparation** | * Explain that we are going to build an Advent Calendar - with an act to promote a Healthy You for each day from the 1st Dec up to Christmas Day. * Explain this could be done at any time of year - it just happens to be Christmas next month. * Explain that we will type up the acts to make the calendar and email it out to everyone next week.   Barriers:   * Before they get started on the task, discuss the potential barriers that could stop us from being able to do things to promote our health and wellbeing. * Introduce SAAM - the acts must be as Simple, Achievable, Affordable and Meaningful as possible. (Though its good to challenge ourselves, we want to make sure we can do it - and set up an ongoing habit on our path to wellbeing - the brain works on Repetition and Reward - Tim!) * Break groups across 5 tables. 5 groups - 5 ways to Wellbeing - 25 days of Christmas. | PowerPoint |
| 20 minutes | **Beaconsfield Living Smarties - Healthy You Advent Calender Activity** | * Ask each group to come up with 5 acts related to the topic they have been given. * They are to write each one on a sticky note. * At the end of the task, each group is to explain the acts, and stick them on the whiteboard. * We will type up the advent calendar and email it out next week. | Sticky Notes |
| 3 mins | **Video - Enjoy the Ride** | * Thank participants, explain that we will finish off this session with a quick video - related to Take Notice and then Christine will lead us in a meditation session. | Video - Enjoy the Ride. |