

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

“When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain”

Doctor D. Siegel

Why is Focus Time so important for our mental wellbeing?

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As we've been learning in the previous weeks, when we engage in the seven facets of a Healthy Mind, we can build a mind that can withstand even the toughest challenges life sends our way. This week we will look at Focus Time.

What is Focus Time

- You will have seen the icon for focus time around the school. It is one of the seven facets of a Healthy Mind and one we try to activate every day at school.
- Simply put, Focus Time is when you have one task to do and you focus all of your energy on completing that task.
- This is the Achieve part of our LEARN lessons we have at WCSA.

The Benefits of Focus Time

- Focus Time helps your brain make connections and learn; the more we know, the more self-confident we feel.
- Having a goal and achieving it contributes to our feelings of self-worth.
- The key is in setting small achievable goals.



Picture this...

- It is Week 7 and you need to revise. In front of you is a stack of all the revision resources, knowledge organisers and text books you need to revisit; where do you start?

For a lot of people, a feeling of being overwhelmed kicks in and no work is done!



Picture this...

- It is Week 7 and you need to revise. In front of you is a stack of all the revision resources, knowledge organisers and text books you need to revisit; where do you start?
- If we set goals, we can chunk that enormous pile of work into small manageable tasks.
- Goal 1: Create a character profile for English including five key quotations. Ten minutes.
- Goal 2: Practise ten simultaneous equations for maths. Twelve minutes.
- Goal 3: Create a mindmap of the Digestive System for science. Ten minutes.

When we chunk our work into achievable goals, we help reduce feelings of stress and anxiety

- The key to Focus Time is having manageable goals. Goals need to be SMART.
- A Smart goal is:
 - Specific (set yourself a small focused task_
 - Measurable (how will know when it is finished)
 - Achievable (It needs to be a task you can manage – don't set a goal that depends on others)
 - Relevant (The task needs to link to the bigger picture and your long-term goals)
 - Timely (Set yourself a timeframe – keep it short and simple)

Focus Time is all about Goals

- <https://www.youtube.com/watch?v=8cCiqbSJ9fg>

Remember, your Focus Time does not have to be academic

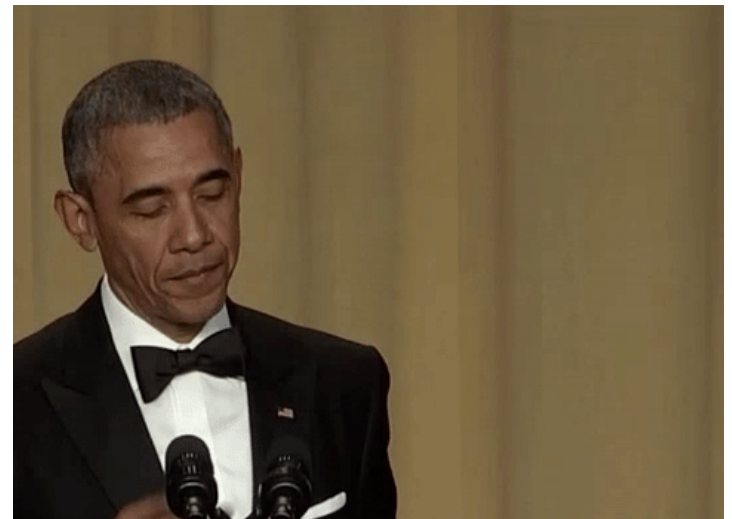


Whether cooking, painting, cleaning, writing, reading, running or climbing, set yourself a goal and focus all of your efforts on achieving that goal.

Feel good about yourself!

Review and Reflect on Focus Time

- Your mental wellbeing can be developed through Focusing on clear goals.
- Be a completer – finish small jobs and feel good about your success.
- Use the Achieve part of lesson time to focus your full mind on the task – it helps your brain develop.
- Set SMART goals and follow through.



Focus and Finish