# Every Mind Matters self-care session plan

This session can be run to mark World Mental Health Day (10 October) or at any time of year. It is designed to:

* Raise awareness about self-care and how it can support our mental wellbeing
* Encourage people to talk about and think about their own self-care
* Introduce the Every Mind Matters campaign from Public Health England (PHE)
* Encourage people to start using the Every Mind Matters tool to create their own self-care plan

Resources needed

* Slide deck to accompany this session plan. You can download the slide deck from [mhfaengland.org/every-mind-matters](https://mhfaengland.org/every-mind-matters)
* Laptop with screen or projector
* Internet connection to access the web page:
[mhfaengland.org/every-mind-matters](https://mhfaengland.org/every-mind-matters)

If you do not have access to a screen, projector, or internet connection, you can adapt this session to be a discussion about self-care and encourage people to explore the Every Mind Matters tool on their own devices.

Plan

| Slide | Notes |
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| 1 | * Welcome people to the session
* *In this session we are going to talk about self-care, why it matters, and take a look at a new tool from Public Health England to help us create our own tailored self-care plans*
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| 2 | * *We all have mental health*
* *Just like our physical health, it goes up and down*
* *Having good mental health can help us feel better, sleep better and support us in doing the things we want to do*
* *It can also help us have more positive relationships with those around us, and to manage difficult times, now and in the future*
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| 3 | * *We don’t need to wait until we are struggling with our mental health*
* *Evidence suggests there are lots of things we can do to protect our mental health and stop issues from getting worse, just as we do with our physical health*
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| 4 | * Introduce Every Mind Matters
* *The first national mental health campaign from Public Health England*
* *Expert advice and practical tips to achieve good mental health*
* *Free NHS-approved online tool to help us:*
	+ *Deal with stress*
	+ *Boost our mood*
	+ *Improve our sleep*
	+ *Feel more in control*
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| 5 | * Visit [mhfaengland.org/every-mind-matters/#video](https://mhfaengland.org/every-mind-matters/#video) and play the three minute video
* Ask the group their thoughts on the video
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| 6 | * Ask the group: what does self-care mean to you? People might have lots of examples but if they get stuck there are plenty of examples on the next slide
* If the group is a large one, people may feel more comfortable talking with the person next to them, rather than in front of the whole group. You can then ask people to share their thoughts
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| 7 | * *What do you do for self-care?*
* Emphasise that different people will have different self-care needs, and will enjoy – and benefit from – different types of self-care
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| 8 | * *Every Mind Matters is a brand new free tool*
* *This tool is evidence-based, has been developed with clinical and academic experts and national mental health charities, and is clinically assured by NHS England*
* *It has been researched among people with a wide range of mental health needs*
* *By using the tool you can create ‘Your Mind Plan’ – a set of simple, practical self-care actions that you can build into your daily routine to support your mental health and wellbeing. From physical activities, to mindful breathing exercises, to advice on how to reframe unhelpful thoughts*
* *For those who want to learn more about specific topics, there are dedicated in-depth sections for the eight most common mental health concerns, providing detail on the signs, advice on which self-care actions are most effective, and where to seek further support*
* *It aims to help us build our mental resilience and pre-empt or prevent mental health issues getting worse.*
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| 9 | * Show the Every Mind Matters tool at [mhfaengland.org/every-mind-matters/#tool](https://mhfaengland.org/every-mind-matters/%22%20%5Cl%20%22tool)
* Encourage the group to explore the tool in their own time to create their personal action plan to improve and maintain their mental health
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| 10 | * Ask the group to each pledge one self-care activity they will do in the next week. They can choose to share with the group, with the person next to them, or simply make a note for themselves
* If people are struggling to come up with ideas, revisit slide 7 with the examples of different activities, and encourage them to use the Every Mind Matters tool to create their own tailored self-care plan
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Add-ons

If you have more time, you could add on the following:

* Remind the group of your organisation’s Mental Health First Aiders and MHFA Champions and how they can offer support. Share information on how to contact them
* Signpost people to additional resources in your organisation, for example your employee assistance programme, or any other relevant benefits or services
* Do, or plan, a simple self-care activity that everyone can get involved in together, such as a coffee and chat, or a bring-your-own crafts session

Next steps

* We recommend that you send a follow-up email after the session to thank people for attending and to share:
	+ A link to the video
	+ A link to the Every Mind Matters tool
	+ A reminder of the relevant resources or wellbeing supports in your organisation
* For additional engagement, you could ask people to send you pictures of them practising some self-care. With people’s consent you could share some of these examples in another follow-up email one week later to remind people of their self-care pledges
* Print off some of the Every Mind Matters posters (download at [mhfaengland.org/every-mind-matters](https://mhfaengland.org/every-mind-matters)) and put these up around your organisation or share information about the tool on your intranet