

Balancing Your Body Budget With Mental Focus

Self-Management & Self-Care,
Module 2



AGENDA



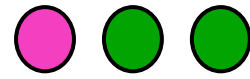
1. Discuss things that we need to help us stay physically, emotionally and mentally healthy.



2. Working independently answer the 5 poll questions.



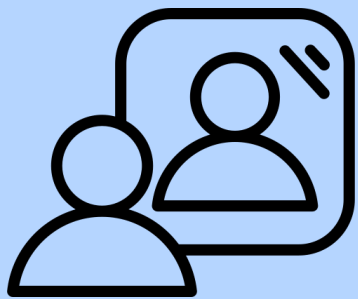
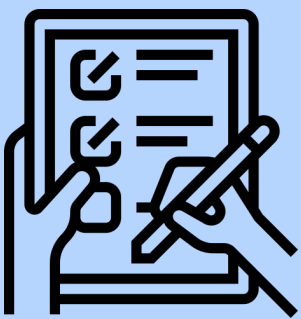
3. Reflect: How likely are you to try to have more emotional connectedness in your life? What can you do to achieve this goal to balance your body budget?

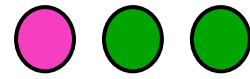
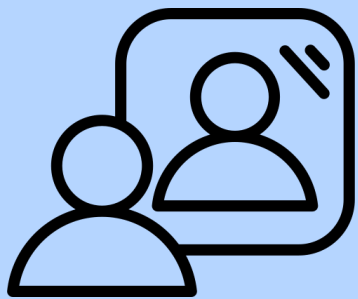


BRAINSTORM



What are the things you need to stay healthy? What do you think you might need to stay emotionally and mentally healthy?



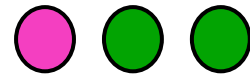
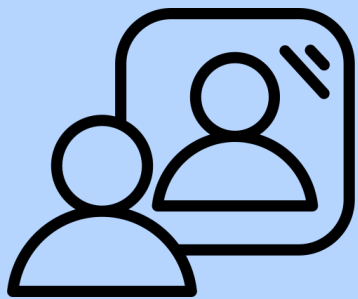
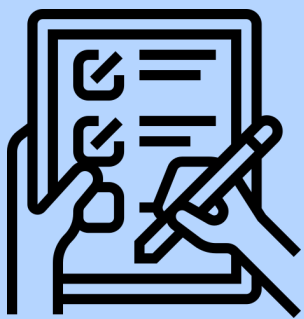
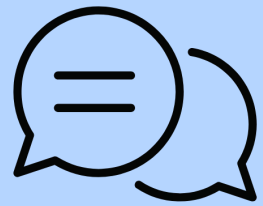


DISCUSS



What can we do to stay emotionally and mentally healthy?





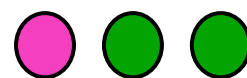
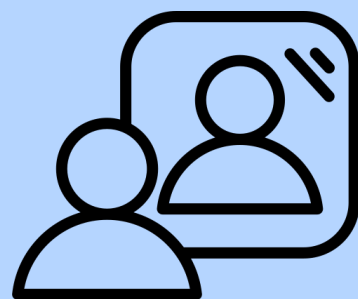
DIVE IN



Pro Tip




A **body budget** is a way to keep track of the things we need to be healthy, including eating a balanced diet, drinking 6-8 glasses of water per day, exercising for 1 hour every day, and getting enough sleep each night. If your body budget isn't balanced, you could get really upset about something little that might not ordinarily bother you.



ACTIVITY



Individually, complete the following worksheet:

 **High School**

Worksheet

Name: _____ Date: _____

Balancing Your Body Budget

Answer the following questions:

1. I have a good friend or trusted adult I can talk to when I need to. T/F
2. I get 8-10 hours of sleep each night. T/F
3. I drink 6-8 glasses of water every day. T/F
4. I do moderate exercise for at least one hour every day. T/F
5. I eat a well-balanced diet of healthy and nutritious meals. T/F

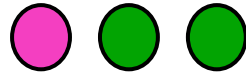
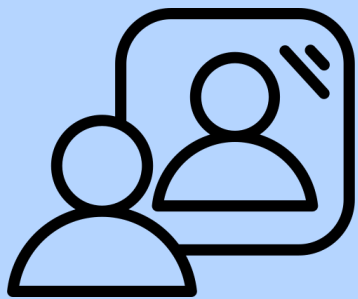
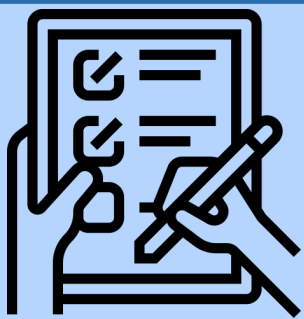
Tips for balancing your body budget:

- Do something fun with a friend.
- Practice a hobby or activity you enjoy - even if you don't think you're good at it.
- Talk, text, or message someone you haven't heard from.
- Practice showing gratitude.
- Give compliments daily - even to strangers.
- Take your pet for a walk (or a neighbor's, if you don't have one!).
- Practice mindfulness.
- Make sure to eat healthy, exercise, get enough sleep, and drink plenty of water!

Reflect
How likely are you to try to have more emotional connectedness in your life? What can you do to achieve this goal to balance your body budget?

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34



ACTIVITY



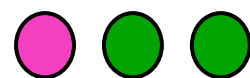
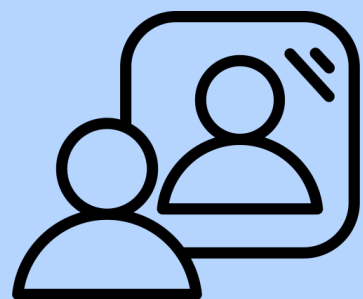
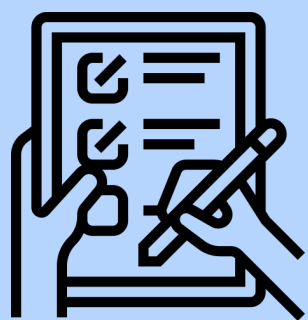
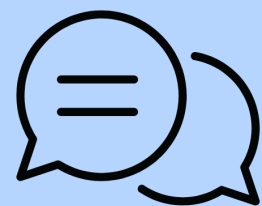
- Do something fun with a friend.
- Talk, text, or message someone you haven't heard from.



- Practice showing gratitude.
- Practice mindfulness.
- Make sure to eat healthy, exercise, get enough sleep, and drink plenty of water!



- Practice a hobby or activity you enjoy - even if you don't think you're good at it.
- Give compliments daily - even to strangers.
- Take your pet for a walk (or a neighbor's, if you don't have one!).



REFLECT



How likely are you to try to have more emotional connectedness in your life?
What can you do to achieve this goal to balance your body budget?



Home Connection



High School

Home Connection

Balancing Your Body Budget

Dear _____,

I hope this letter finds you well. I am excited to share what your student has been learning in class recently. Our focus today was on the importance of staying emotionally and mentally healthy and how this ties into overall well-being.

We began by discussing various ways to maintain emotional and mental health. The students shared wonderful ideas, such as seeking help when facing problems, talking to friends, practicing mindfulness or meditation, and showing gratitude. We added these responses to a growing list on the board, highlighting the many strategies available to support mental well-being.

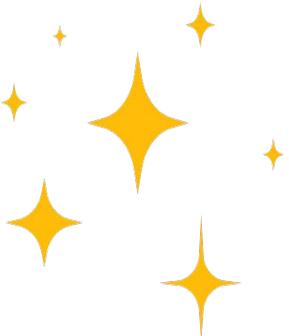
We then dove into the concept of the "body budget." Just like a financial budget helps us manage money, a body budget helps us manage the essentials we need to stay healthy. But staying healthy isn't just about physical needs. We also need to fulfill certain social requirements to keep ourselves mentally healthy. Social interactions and emotional connections are crucial because physical and mental health are interrelated. Without emotional connections, our body budget can become unbalanced, affecting our overall health.

To continue this conversation at home, please ask your student: "What are some ways we can stay emotionally and mentally healthy, and how do these practices help our overall well-being?" This can be a great opportunity for a meaningful discussion about the importance of balancing both physical and mental health and the ways we can support each other in maintaining this balance.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: Are you doing enough to keep your body budget balanced? In what ways can you improve your body budget?





Further Study

- Elemental, Your Body has a Budget, Overdrafting Can Make you Sick:
elemental.medium.com/your-body-has-a-budget-overdrafting-makes-you-sick-17f2720dd86c
- Guardian, Neuroscience Shows How Connected We Are:
www.theguardian.com/commentisfree/2021/feb/10/neuroscience-interconnected-time-of-isolation-biology
- TED, Lisa Feldman Barrett: You Aren't at the Mercy of Your Emotions
www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them?language=en





Lesson Complete!

