



#AyeFeel - Make Time To

Make Time To Diary

Experiences and Outcomes: HWB 3-06a, HWB 3-07a



To begin...

These resources are based on our [#AyeFeel Young Scot information](#) for young people on mental health and wellbeing. #AyeFeel is a national hub of information about mental health and emotional wellbeing, it provides information from different national organisations as well as tips from young people. There is information on a range of key mental health topics including body image, sleep, eating disorders, eco-anxiety, mindfulness, bullying, self-harm and much, much more.

Find out more at young.scot/ayefeel

As part of this work, we are running a campaign called #MakeTimeTo that encourages young people to make time to look after their mental health and emotional wellbeing and raise awareness of #AyeFeel. The campaign has been created with input from young people from the Young Scot Health Panel and builds on an initial campaign called 'Make Your Mental Health a Priority'.

You can find all of our #MakeTimeTo resources at young.scot/ayefeel.

Start by reading our article on [Relaxation Exercises](#).

You can also take a look at [Young Scot's YouTube channel](#) to access a range of free mindfulness activities, including yoga sessions, breathing exercises and face massage.



Useful Links

Some of the suggested activities below are taken from our #Ayefeel site. These may be useful to share with your learners.

- [How to improve your sleep routine](#)
- [How to talk about your feelings](#)
- [Tammy's techniques to support your emotional health and wellbeing](#)

Please note: The following pages should be printed double-sided.



Make Time Diary

Task 1

Good mental health can help you think positively, feel confident and act calmly. Having good wellbeing doesn't mean you'll always be happy and it's normal to feel sad, angry, or low sometimes. But if you have poor mental health, you may find that the way you think, feel and act are being affected in a negative way.

You might not enjoy things you usually like to do or feel sad or angry for a longer time than usual. This is why it is so important to consider your emotional wellbeing and understand how to support it.

Read and answer the questions below. You may want write or draw a picture for your answer.

What do you enjoy doing in your spare time?

Is there something you'd like to do, but you never have time to?

What holds you back from making time for yourself?

Who do you think you could talk to about making more time for your mental health?



**Make Time Diary
Task 2**

You might have a very busy schedule with clubs and homework to fit in, but it is important for your mental health to make time to relax and do the things you enjoy.

Use this diary to make a note of your school day, clubs and time for homework.

Once you have added everything you have to do, try making time for some new activities to boost your mental health. You can use the example below to help you.

	Before School	Lunch time	After school	After dinner
Monday	Breakfast Get Ready Listen to your favourite music on the way to school	Eat Lunch Talk to your friend about how you're feeling	Homework 5 minute breathing exercise	Swimming Turn off devices for a better night's sleep
Tuesday	Breakfast Get Ready Listen to a podcast	Eat Lunch Try to get outside for some fresh air	15 minute Guided facial massage Homework	Beginners Yoga Chat to a parent/guardian



**MAKE
TIME TO**



LOOK AFTER YOUR MENTAL HEALTH

#MakeTimeTo Diary

	Before school	Lunchtime	After school	After dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				



Who to contact for mental health support

If you or somebody else is needing a bit of emotional support, it can be a little scary knowing what to Google, who to turn to and what you can do to manage your emotions in a healthy way.

It's important to talk to someone about how you are feeling. This could be a family member or friend, your GP or by calling a helpline. For more information, visit <https://young.scot/get-informed/national/who-to-contact-for-mental-health-support>.

Reward!

If you're a Young Scot Member, you've earned 100 Reward Points for taking part in the Make Time Diary Activity! Use this code **IOEBV1K7** to redeem your points or scan the QR code with your phone! Not a Member yet? Sign up at young.scot/membership to access online discounts and exclusive rewards and opportunities!

