



Week 14 of  
Headstrong from  
home

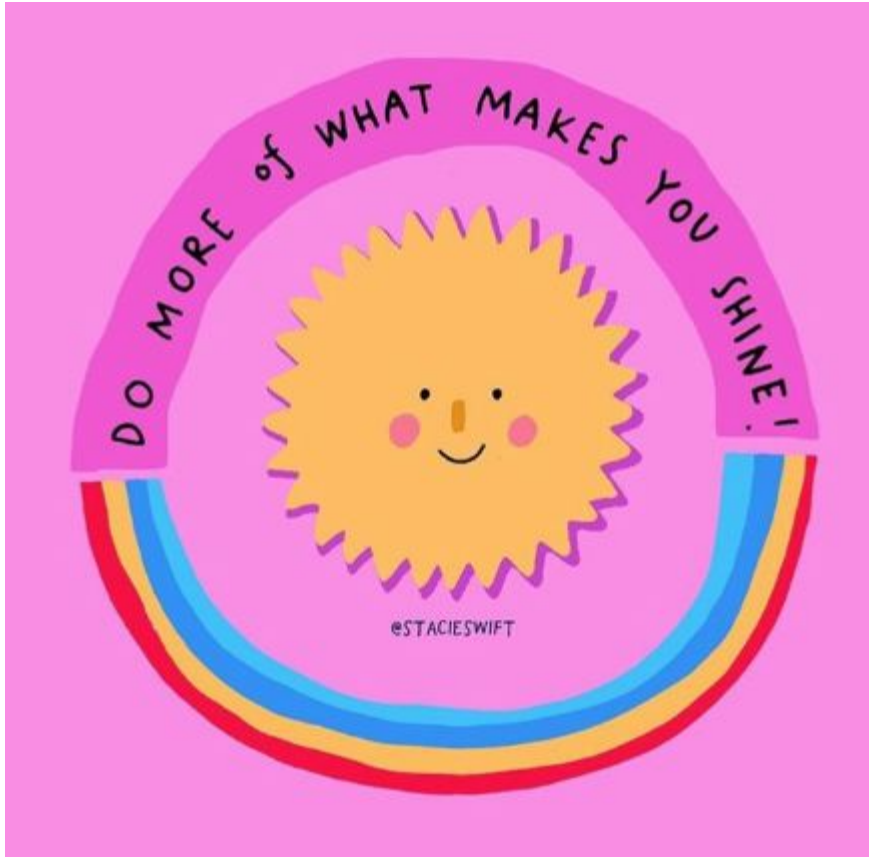
Time for summer!

[https://youtu.be/96Pv8pcq1\\_E](https://youtu.be/96Pv8pcq1_E)





This is the most important message this week! It is time to stop, rest and take time to relax after 4 months of living and working online.



Over the summer, think about the things that make you happy. Do more of those things and less of the things that don't bring joy.

Try to see people (in a socially safe way), watch the films you enjoy, read a book, get some exercise, sleep and all the other things that are good for self-care.

This resource can be found here:


<https://phase-hitchin.org/resources>

To get us ready to return to school, it is good to start thinking about our goals and ambitions for the next year. Think about setting yourself some SMART targets so you have a focus and a drive as we move into September.

The graphic illustrates the SMART acronym with five colored banners, each containing an icon and a label:

- S** (blue banner): Specific (target icon)
- M** (teal banner): Measurable (bar chart icon)
- A** (green banner): Attainable (line graph icon)
- R** (yellow banner): Relevant (Venn diagram icon)
- T** (orange banner): Time Based (clock icon)

# GOAL SETTING



MY GOAL:

SPECIFIC: WHAT DO YOU WANT TO DO:

MEASURABLE: WHAT BY WHEN

ATTAINABLE: HOW WILL YOU ACHIEVE IT

RELEVANT: WILL THIS GOAL MEET YOUR NEEDS

TIMELY: WHEN WILL YOU ACHIEVE THIS

## TO DO LIST

@PHASEHITCHIN

WRITE A HAND WRITTEN. THANK YOU NOTE



POST A POSITIVE NOTE TO YOURSELF



DANCE DURING CHORES



MAKE A PLAYLIST OF HAPPY SONGS

FORGIVE



GO TO THE SPA



GO ON STRIKE



CHANGE NEGATIVE THOUGHTS TO POSITIVE



MEDITATE



TRY A NEW HOBBY



ORGANIZE A CLUTTERED SPACE



CONNECT WITH AN OLD FRIEND



# NURTURE SELF

LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH



TAKE SOCIAL MEDIA BREAKS



DRINK PLENTY OF WATER



BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.



BELLY LAUGH!

BINGE WATCH A SERIES

TRY BELLY BREATHING



PLAY A BOARD GAME



LISTEN TO A SELF-HELP PODCAST



Remember, the best way to keep ourselves mentally healthy is to practice good self-care every day! So try and develop this habit over the summer. It will look different for each person, so try and work out what works for you.

**TAKE A BREAK...**



**AND...RELAX**