

**MINDYOURS5** is a five a day programme to help boost mental health or well-being. Its based on five different categories:



**H**

**for Healthy Practice** – this focuses on the fact that looking after your physical health is vital for good mental health. Healthy practice includes the importance of good diet and sleep.



**A**

**for Activity** – which is not only about the importance of regular activity including sport but also including other types of activity such as art, music or drama as well as the ability to regulate activity through relaxing, having breaks, yoga, martial arts and learning to be mindful.



**P**

**for Positive Thinking** – this highlights the importance of how your interpretation of a situation will determine its outcome and the basics of cognitive theory.



**P**

**for Positive Emotions** – this states the relevance of emotional understanding, regulation and expression.



**Y**

**for Your Connections** – this category explores the importance of connectivity – forming relationships with family and friends, connecting with others positively and ways to boost social confidence and care.

**MINDYOURS5** is a programme for life. Incorporating an activity from each category daily is not difficult and once practiced helps provide a balance. However, in order to get started its helpful for schools and/or families to set aside a **MINDYOURS5** week to educate and to establish practice. In order to do this, there are junior and senior school **MINDYOURS5** booklets. Programmes to date have been established by Dr Krause visiting the school for a series of talks to different school years, setting the scene and explaining the categories. Students, teachers and families have then joined in participating in a planned week of **MY5** activities. Schools have also included other activities in that week for students to sample that enhance **MINDYOURS5** which have included workshops in music, art, drama, an unusual sport, yoga, martial arts, having chefs visit the school to cook a special meal, etc. The booklets enable students (and adults if they wish) to record what they were able to do and to evaluate how it worked for them. From then on students are encouraged to maintain their chosen **MINDYOURS5** activities.

Packs for schools include:

- Junior booklets
- Senior booklets
- Junior stickers for Your Connections ('thought elsies') and Positive Thinking ('thought selfies')
- Junior badges for Your Connections ('thought elsies') and Positive Thinking ('thought selfies')
- Some guidelines and suggestions of activities for schools for a **MY5** week
- **MINDYOURS5** template for student planners