


Annex 2 – Call to Action Activity Template

Theme: Dealing with Change

<b>Thematic Area</b>	Dealing with Change
<b>Activity Title</b>	Embracing Change
<b>Type of resource</b>	<b>Self-Help Activity</b>
<b>Photo</b>	



<b>Duration of Activity (in minutes)</b>	<b>30-45 minutes</b>	<b>Learning Outcome</b>	Develop healthy habits using the SMART method to deal with change.
<b>Aim of activity</b>	<i>The aim of this activity is to help learners develop healthy habits that can help them cope with and embrace change, and promote positive mental health.</i>		
<b>Materials Required for Activity</b>	<i>Pen and paper A quiet and comfortable space to sit and reflect</i>		
<b>Step-by-step instructions</b>	<p><i>Begin by finding a quiet and comfortable space where you won't be disturbed. Take a few deep breaths and focus on your breath, allowing yourself to become calm and centred.</i></p> <p><i>Take a pen and paper and write down a recent change that has happened in your life. This could be a big change, such as moving to a new city, or a small change, such as a new routine.</i></p> <p><i>Spend a few minutes reflecting on this change. What emotions did you feel when the change occurred? How did you react to the change? Did you feel anxious, stressed or overwhelmed? Write down your thoughts and feelings.</i></p>		

	<p><i>Now, take a moment to think about what you could do to embrace this change positively. What are some healthy habits you can develop to help you cope with and embrace the change? For example, you could start a new hobby or join a new club, or practice mindfulness or meditation.</i></p> <p><i>Write down at least three healthy habits you could develop to embrace the change positively.</i></p> <p><i>Take a few moments to visualize yourself implementing these healthy habits. How would they make you feel? What benefits would they bring?</i></p> <p><i>Finally, commit to taking action to implement these healthy habits in your life. Write down a plan of action, including specific steps you can take to implement these habits. For example, if you decide to start a new hobby, research local clubs or classes and sign up for one. Define SMART objectives.</i></p> <p><i>Congratulate yourself on taking positive steps towards embracing change and promoting your own positive mental health. Remember to revisit your plan regularly to monitor your progress and make any necessary adjustments.</i></p>
<b>Template</b>	<i>SMART Objectives</i>

## Annex 2 – Call to Action Activity - Template SMART Objectives

<p><b>S</b> Specific</p>	<p>A goal should be linked to one activity, thought, or idea.</p>
<p><b>M</b> Measurable</p>	<p>A goal should be something you can track and measure progress toward.</p>
<p><b>A</b> Actionable</p>	<p>There should be clear tasks or actions you can take to make progress toward a goal.</p>
<p><b>R</b> Realistic</p>	<p>A goal should be possible to achieve.</p>
<p><b>T</b> Time-Bound</p>	<p>A goal should fall within a specific time period.</p>

Example: Learn how to play the guitar by practicing for at least 30 minutes every day for the next 3 months, with the help of online lessons, so that I can play at least one song fluently by the end of this period.