



Balancing Your Body Budget with Emotional Connection

Materials:

- Worksheet

Brainstorm

Ask students: What are the things you do to stay healthy? As students respond, make a list on the board. Anticipated responses include: Drinking enough water, getting enough sleep, eating healthy, and exercising.

Discuss

Those are some great ideas for what we need to stay physically healthy, but what can we do to stay emotionally and mentally healthy? Accept student responses and continue to add them to the list on the board. Possible responses include: Seeking help when we have a problem, talking to friends, practicing mindfulness or meditation, showing gratitude, etc.

Dive in!

Detail: The best way to help keep your body in the best overall shape is to ensure that our body budget is balanced. A **body budget** is a way to keep track of the things we need to survive, including eating a balanced diet, drinking 6-8 glasses of water per day, exercising for 1 hour every day, and getting 8-10 hours of sleep each night. In addition to these physical requirements, there are certain social requirements we need to keep ourselves mentally healthy, too. Having social interactions is just as important as fulfilling the physical body budget needs, because the two are interrelated. You can't be mentally healthy without physical health and you can't have physical health without mental health. So what does that look like? In today's lesson, we're going to talk about making emotional connections. Without these emotional connections, you can be in danger of having an unbalanced body budget.

Activity

Distribute the worksheet to students. Have students answer the questions independently. Then, review the tips for balancing your body budget. Encourage students to seek help from the school counselor if they need it. When done with the activity, students should answer the Reflect question on the worksheet.



High School

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?

Optional Home Connection → Encourage students to find ways to keep their body budget balanced at home.

Professional Development

Are you doing enough to keep your body budget balanced? In what ways can you improve your body budget?

For 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