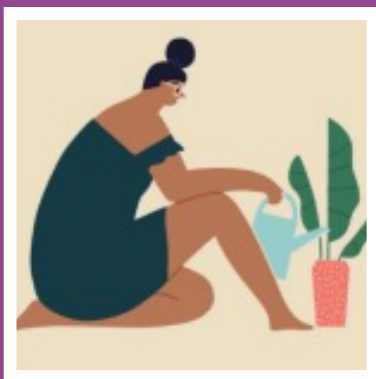


A little help with...

SELF-CARE

Self-care is not selfish but an essential part of maintaining our physical and emotional wellbeing. Self-care is a skill that we need to remember to practice every day so that it becomes a habit and doesn't feel like an extra thing on our 'to-do' lists or makes us feel uncomfortable or conflicted.

We all need self-care and it doesn't have to take much time or be practised separately from our other daily commitments. However, we do have to be proactive about it and take time to think about what is possible for us to practice daily that helps us feel calm and good about ourselves. It might be taking a longer but more scenic walk to school or home, listening to a mindful podcast or music, waking up a bit earlier to enjoy breakfast and not feel so rushed, making time to call your best friend/loved one or remembering to be kind to yourself when you feel you have made a mistake. Remember it's only a mistake if you don't learn from it.





Activities

1. Make a self-soothe box:

www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box

2. Self-care tips for new academic year:

www.youngminds.org.uk/young-person/blog/self-care-tips-for-the-new-academic-year/

3. Self-care activities:

www.annafreud.org/on-my-mind/self-care/

Create a self-care plan:

www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/

Websites

Introduction to self-care:

www.annafreud.org/insights/blogs/2019/05/an-introduction-to-self-care/

Self-care and Exams:

www.youngminds.org.uk/young-person/blog/exam-self-care/

Why you shouldn't feel guilty about putting yourself first:

www.youngminds.org.uk/young-person/blog/why-you-shouldn-t-feel-guilty-about-putting-yourself-first

A guide to self-care:

www.themix.org.uk/mental-health/looking-after-yourself/a-guide-to-self-care-15574.html

Taking care of yourself:

www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/

The Anna Freud Center for Children and Families states that “Learning how to look after ourselves and our emotions is crucial to our wellbeing. Developing good self-care skills means that in times of difficulty, we have a set of strategies that we know work for us and will improve our wellbeing.” Furthermore they say that “Self-care is not a substitute for seeing a mental health professional and accessing outside help if needed. However, self-care is a useful skill that we can learn and develop throughout our lives”. The best and simplest thing we can do to take care of ourselves is to make sure we get enough sleep (8-10 hours per night), eat a healthy balanced diet (with plenty of fruit and vegetables) and take regular exercise as this is the foundation of good physical and mental health.



Videos

Self-compassion:

www.youtube.com/watch?v=kfUE41-JFw

Retrain your brain with self-care TED talk:

www.youtube.com/watch?v=cohKoXx4jgg

5 ways to wellbeing:

www.youtube.com/watch?v=gJ5V525SCk