

WHAT ELSE CAN I DO?

Write down 3 things you can start to do for your self-care:

- 1
- 2
- 3

GIVE YOURSELF PERMISSION TO



If you feel you need more support, talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Young Minds

Young Minds is a helpful webpage that can provide further advice on self-care and other wellbeing and mental health related needs.

www.youngminds.org.uk/young-person/coping-with-life/self-care/

Anna Freud

Anna Freud has a webpage with a vast list of different types of self-care and why they work for people.

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

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123		In emergencies, call 999
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USEFUL APPS



Sam



MindShift



Headspace



Calm App

SELF CARE



PICK-ME-UP



[pik-mee-uhp] noun

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.

WHAT IS SELF CARE?

Self care is the little things we do to look after our own mental health.

When we think about self-care, we might think of a particular activity such as reading a book or having a bath. Self-care can be a single activity, but it doesn't have to be. It could be setting a boundary with someone to look after your own mental health; it could be pushing yourself to do something you're nervous about; or it could be giving yourself permission to take a break.

WHY IS SELF CARE IMPORTANT?

When you practice self-care you produce positive feelings, which boosts motivation and self-esteem leaving you with increased energy to support yourself as well as your loved ones.

In the same way that a computer or a car needs maintenance, we need to check in with ourselves and practise self-care to look after our mental health and wellbeing. We all face challenges in life, and self-care is a way of ensuring we're in the best possible headspace to take on those challenges.

Engaging in self-care might feel selfish, especially if you have responsibilities such as caring for a friend or family member. There's nothing selfish about looking after yourself, and doing so will make you better able to do the other things you need to do. Remember, you can't pour from an empty cup.



WHAT CAN I DO?

If you're not sure what to do for self-care, or how to figure out what works for you, you could start by asking yourself these questions:

- What can I do within my power that will make me feel better?
- What helps me recharge when I'm feeling drained?
- What helps me forget about my problems?
- If my best friend were in my position right now, what would I encourage them to do?

IDEAS FOR SELF-CARE:

Write thoughts in a diary to talk to a friend about how you feel.

Take care of your basic needs. Look after your body with good food and the right exercise for your needs.

Take a break, get up and have a walk or do something enjoyable to relax and recharge.

Make time to see people you care about but you don't have to say yes to everything- protect time for yourself.

Focus on yourself- not what others think. Talk to yourself like you would to someone you love.

Plan your day by fitting in 'down time' breaks within your day to help you keep productive and balanced.

Get out of the house and into nature. Take a mindful walk by taking in the small things in life you may not notice day to day.

Have a routine. Try and stick to a regular sleep pattern and have an early night.

CELEBRATE ALL THE SMALL ACHIEVEMENTS!

Celebrate getting out of bed, messaging a friend or starting a task. Small progress is still progress and you can aim to do a little more each day. Be patient with yourself and take one day at a time.

