

SELF-CARE TIPS

These self-care tips will support your wellbeing, which in turn will make you more likely to overcome challenges and manage difficulties.

1

Keep Connected

Talk to someone on the phone instead of text or social media.

Try to really listen when someone tells you how they are or what they have been up to.

Join a local youth group.

Find an online support group.

2

Talk about how you feel and ask for help.

Sometimes feeling listened to is enough – talk to your friends or a trusted teacher.

Childline (24H): 0800 1111
www.childline.org.uk : sign up for a ChildLine account and message a counsellor at any time without using your email address.

3

Move your body

Have a kick about in the park with friends.

Do some simple stretching in the morning and at night.

Play your favourite music and dance while doing your chores.

Get outside for a walk in the fresh air.

4

Eat and drink well.

Make sure to drink plenty of water.

Try to have a healthy balanced diet, including lots of different fruit and veg, wholegrain cereals or bread, nuts and seeds and dairy products. Try to limit how many high caffeine or sugary drinks you have.

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Take notice and be aware.

Do some guided meditation on an app like Headspace. Practice being curious – try a different route on your journey to school. Take notice of how people around you are feeling or acting. Find time and ways to recognise, appreciate and reflect on your life.

6

Take a break

Try some relaxation techniques
Make time to listen to your favourite music or podcast.
Take time away from technology.

7

Do something you're good at.

An hour of sketching lets you express yourself creatively.
A morning on the football pitch gets you active and gives you the chance to meet new people.
Playing an instrument can make you feel relaxed and like you're achieving something.

8

Learn something new.

Research something you've always wondered about.
Learn some words in a new language.
Listen to a podcast on a topic that interests you.
Rediscover something you tried when you were younger.

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Accept who you are

Write down three positive things that you did each day. Teach a friend or family member something that you know you are good at. Be kind to yourself when you start to compare yourself to other people. Reflect on what makes you who you are and ask people you trust what they think is unique about you.

10

Share your care.

Offer to help cook for your family. Say thank you and express appreciation as often as you can. Care for your pet. Volunteer for a cause that you are passionate about.

Reflect: what did you try? What worked well for you? What strategies will you continue with?

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