

What is self-care?



Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good.

It's a way that we can look after our own mental health and wellbeing.

“Something that refuels us, rather than takes from us”

“You need to plan self-care, it won't just happen. Set time aside for it.”

“Something you enjoy that allows you to relax”

Planning for self-care

Why not create a self-care plan by breaking the activities down into the 4 different categories.

These will help you to monitor and positively influence your wellbeing throughout the day.

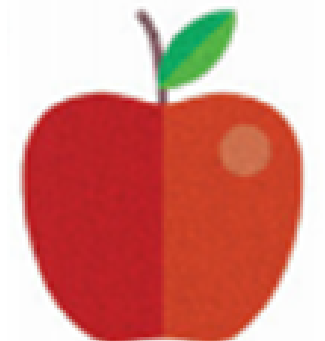
Everyone's approach to self care is different and what works for some might not work for you.

The main thing is you find things you enjoy!



Physical activities suggestions

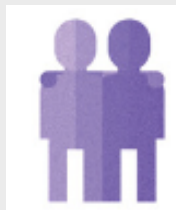
1. Eat a healthy diet
2. Try relaxation techniques – Yoga and mindfulness
3. Time away from technology
4. Exercise regularly for 30 minutes





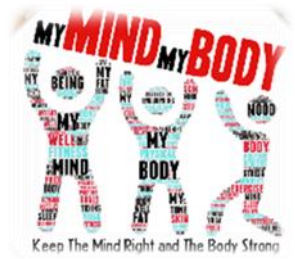
Emotional activities suggestions

1. Develop friendships
2. Be kind to yourself
3. Write down positive things
4. Talk to family and friends





Social activities suggestions

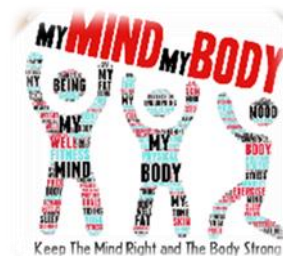
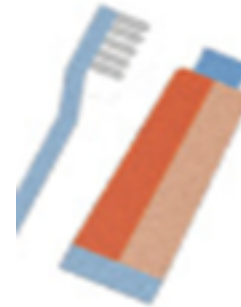
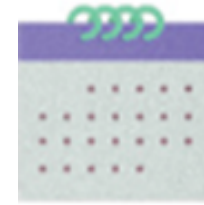


1. Stay in touch and chat to friends
2. Set little challenges and quizzes with friends and family
3. Create a summer playlist with friends
4. Join a new club



Practical activities suggestions

1. Organise your day
2. Get up and get dressed
3. Set goals for the day
4. Learn a new skill or language



My self-care plan for the summer holidays



Choose your activities and write them in the categories below

My physical activities

My emotional activities

My social activities

My practical activities

