

Look after your Wellbeing

By following the school day and keeping to your normal routines when at school as best you can, you are starting to look after your own Wellbeing. You can help yourself further by reading the following '#Selfcare' principles and thinking about what will work best for you.



Look after your own Wellbeing

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, doing what works for you,

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. Everyone's approach to self-care will look different. What works for you might not work for others.

There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

1. There are over 90 self-care strategies identified and written by young people on On My Mind so you can try out different ones until you find something that works for you.
2. Draw up a plan. Put aside some time every day for yourself and say what you will do.
3. Everyone has mental health. Talking almost always helps and listening always helps others.

Visit

www.annafreud.org/on-my-mind
for more information

"Something that refuels us, rather than takes from us."

"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."

Here are some ways people describe self-care:

"Eating well and getting enough sleep."

"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."

"Self-care isn't a selfish act; it is about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be able to help others."

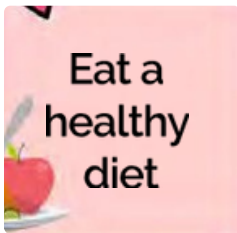
Planning for Self-care

By creating a self-care you will be able to identify activities that you can use to support your mental health. You can adapt your plan on a weekly or monthly basis depending on your schedule or priorities.

By breaking down your self-care approaches into different categories (physical, emotional, social & practical) you will be able to monitor and positively influence your wellbeing throughout your day.

Physical Activities

Quotes from young people who have tried out our technique.
www.annafreud.org



Eat a healthy diet

"I think it helped as I was taking care healthy of myself and swapping processed diet food for healthier alternatives which gave me more energy and allowed me to take up more hobbies and socialise."



Try some relaxation techniques

"The days can easily become busy relaxation and potentially be overwhelming, so techniques having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely."



Time

"You may think your phone is away from essential and without it there is technology nothing to do, but just see how it feels to take yourself away from it for a bit, it doesn't have to be for long but can make a whole lot of difference."



Exercise regularly for 30 minutes

"You can release any stress, anger regularly or tension you have! Doing exercise for 30 is also refreshing and gives you minutes time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"



Dance

"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."

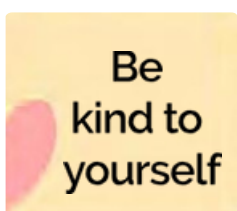
Emotional Activities

For more information visit:
www.annafreud.org



Develop friendships that are supportive

"Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."



Be kind to yourself

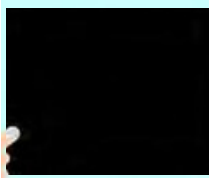
"Self-kindness won't necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them."

Emotional Activities

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www.annafreud.org

Write three positive things you did each day

"I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts"



"Ringing for a chat helps you get away from how you're feeling"

Practical Activities

For help and support 24/7
Text AFC to 85258

Organise your day

"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."

Try to get showered and dressed each morning

"It gives you the best foundation to feel good...little things you sometimes forget to do when you're feeling bad...have I drunk enough water today? Have I brushed my teeth? There's apps that help you to remember all those basic things that are important but often go out the window when I'm feeling rubbish."

Set some goals for the future

"Goal-setting can give you some extra motivation and encouragement, if you feel you need it. It may also help with your daily routine, giving you something to work towards to get you through the day."

Create a revision timetable

"Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy too - not just your school work!"

Learn a new language or skill

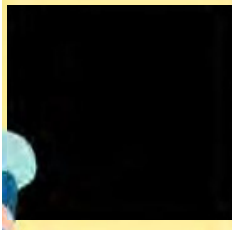
"I have found learning British sign language to be a great distraction when I'm feeling low or anxious. Learning something new gives me a great feeling of accomplishment."

Social Activities

Quotes from young people who have tried out our technique.
www.annafreud.org

Talk to your friends online or find an online support group


"Everyone communicates in different ways, and sometimes it can be easier to talk about what's on your mind via an online chat. You may find this quieter and less pressurising than face-to-face conversation"



"Photography allows me to look closely at things, and let myself see the beauty in tiny little things. If I don't have a camera with me, it is easy to walk fast and stay stuck inside my own head, but if I have a camera, I start looking out, dragging me out of my own head."



"I think it helped because it removed me from the issues which were bothering me. I was able to just enjoy the music rather than having to think about anything else."

 **Anna Freud**
National Centre for
Children and Families

shout
for support in a crisis
24/7

In crisis? Need support?

24
hours a day
7
days a week

Text AFC to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists

#Selfcare



Anna Freud
National Centre for
Children and Families



My Self-care Plan

Physical

Chosen activities:



1. _____

2. _____

3. _____

Emotional

Chosen activities:



1. _____

2. _____

3. _____

Social

Chosen activities:



1. _____

2. _____

3. _____

Practical

Chosen activities:



1. _____

2. _____

3. _____

Where can I find support?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer, or a trusted adult such as your GP or Teacher. If talking to an adult is not possible, there are a number organisations that offer 24 hour support.

 **Anna Freud**
National Centre for
Children and Families

Text AFC to 85258
www.annafreud.org



childline
ONLINE, ON THE PHONE, ANYTIME




0800 111 111
childline.org.uk

SAMARITANS

 **SMALL TALK SAVES LIVES**

samaritans.org
116 123

#YOU ARE NOT ALONE 

IN AN EMERGENCY
CALL 999