

Self-care is all about helping yourself to feel better or to keep yourself feeling good.



Self Care



Looking after our own mental health and wellbeing.

Looking after my body

Sleep

Try to get between 8-10 hours of sleep each night.

Developing a consistent bedtime routine, reducing screen time before bed, and creating a relaxing environment can improve sleep quality.



Physical Activity

Regular exercise, such as walking, dancing, yoga, or sports, can boost energy, reduce stress, and improve mental health. Even short daily sessions can have huge benefits.



Nutrition

Try eating regularly throughout the day. Eating a variety of fruits, vegetables, whole grains, and protein helps maintain energy, mood, and overall health. Try to include nutrient-rich foods like iron, calcium, and vitamin D while limiting processed foods.



Looking after my emotions

Recognising feelings

Getting to grips with your feelings helps you stay in control - not by ignoring them, but by understanding them. When you recognise what's really going on inside, you're less likely to lash out, shut down, or bottle things up until they explode. It's not about being perfectly calm all the time - it's about learning how to respond instead of react.



Connecting with others

Being with people who make you feel confident and good about yourself can really boost your mental health.

Self-care checklist

- Wake up, shower, get dressed, and organise your day.
- Eat regularly and healthily.
- Try to do 30 minutes of exercise.
- Go outside and get some fresh air.
- Spend time with friends or family.
- Write down three good things that happened during your day.