Self-care

Self-care means things that we can do on a regular basis to reduce stress and enhance our health and well-being.

We should practice self-care all the time- not just when we are stressed out! That way we will be able to deal with stressful situations better when they do happen.

There are different parts of our lives that we should try to look after;

•Physical - how we look after our body
•Social - friends, families, relationships
•Spiritual - our beliefs, values
•Emotional - our feelings, mental health
•Occupational - school ,college, jobs and skills
•Environmental - where we live and spend our time

Listed below are some ideas for ways to practice self-care.

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Eat regularly and healthily	Tidy your room/workspace	Look in the mirror and smile at yourself
Have a bath	Spend time with people whose company you enjoy	Spend time outdoors
Do something kind for something else		Speak to a friend
		Breathe deeply
Keep a diary	Exercise regularly	
Play a silly game	Listen to music	Make or draw something
Set a schedule for today's tasks	List some positive things about yourself	Declutter
	Make a plan for your future	Dance
Get enough sleep		Drink water
Unplug from social media	Practice stretching	Pray

My self-care Wheel
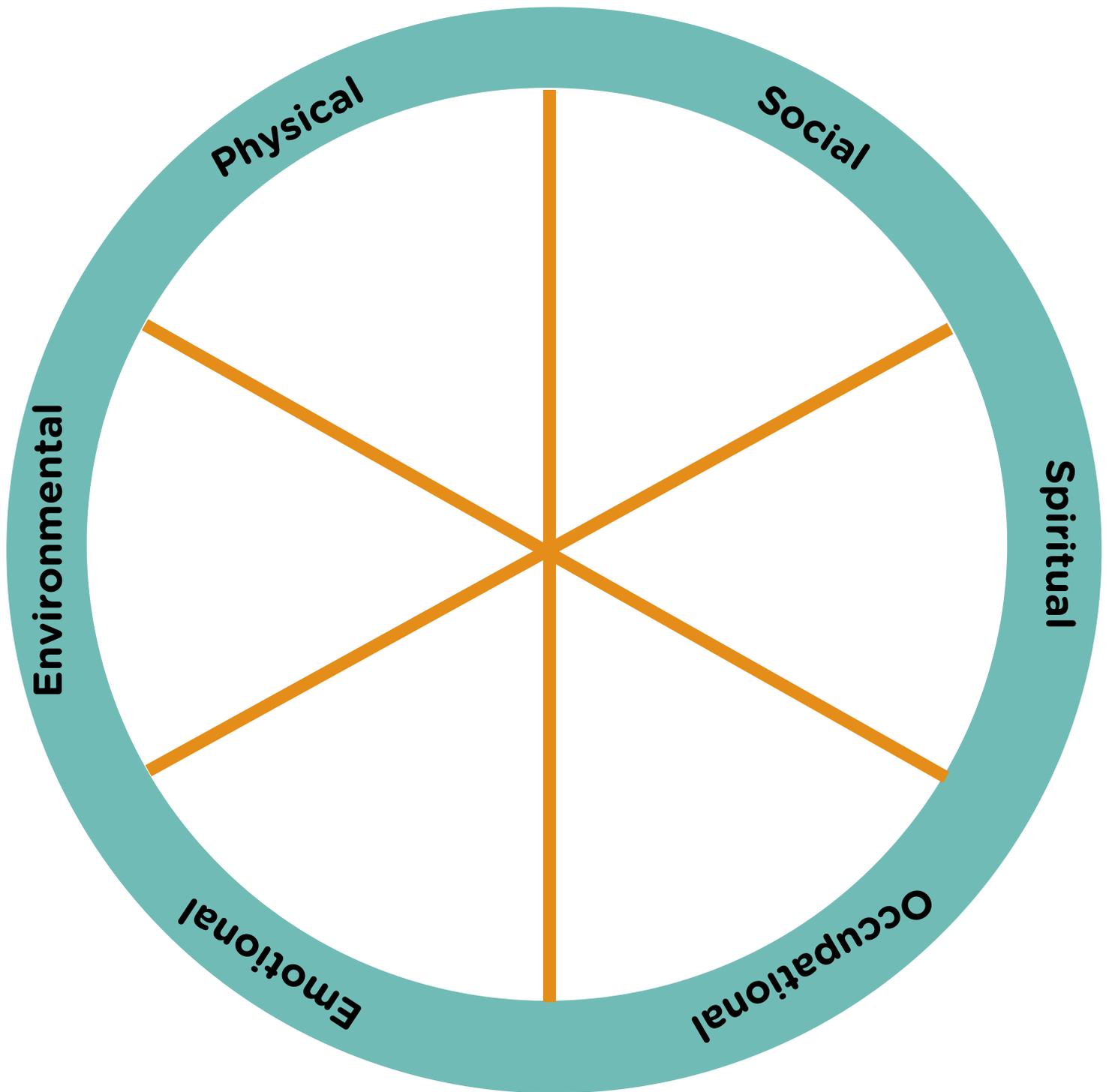
Complete the wheel by drawing or writing about ways that you can practice self- care. Try to keep your wheel somewhere that you will see it everyday so that you are reminded to take care of yourself.