

## 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.

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

Keep a diary

Exercise regularly

Breathe deeply

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

Get enough sleep

Make a plan for  
your future

Dance

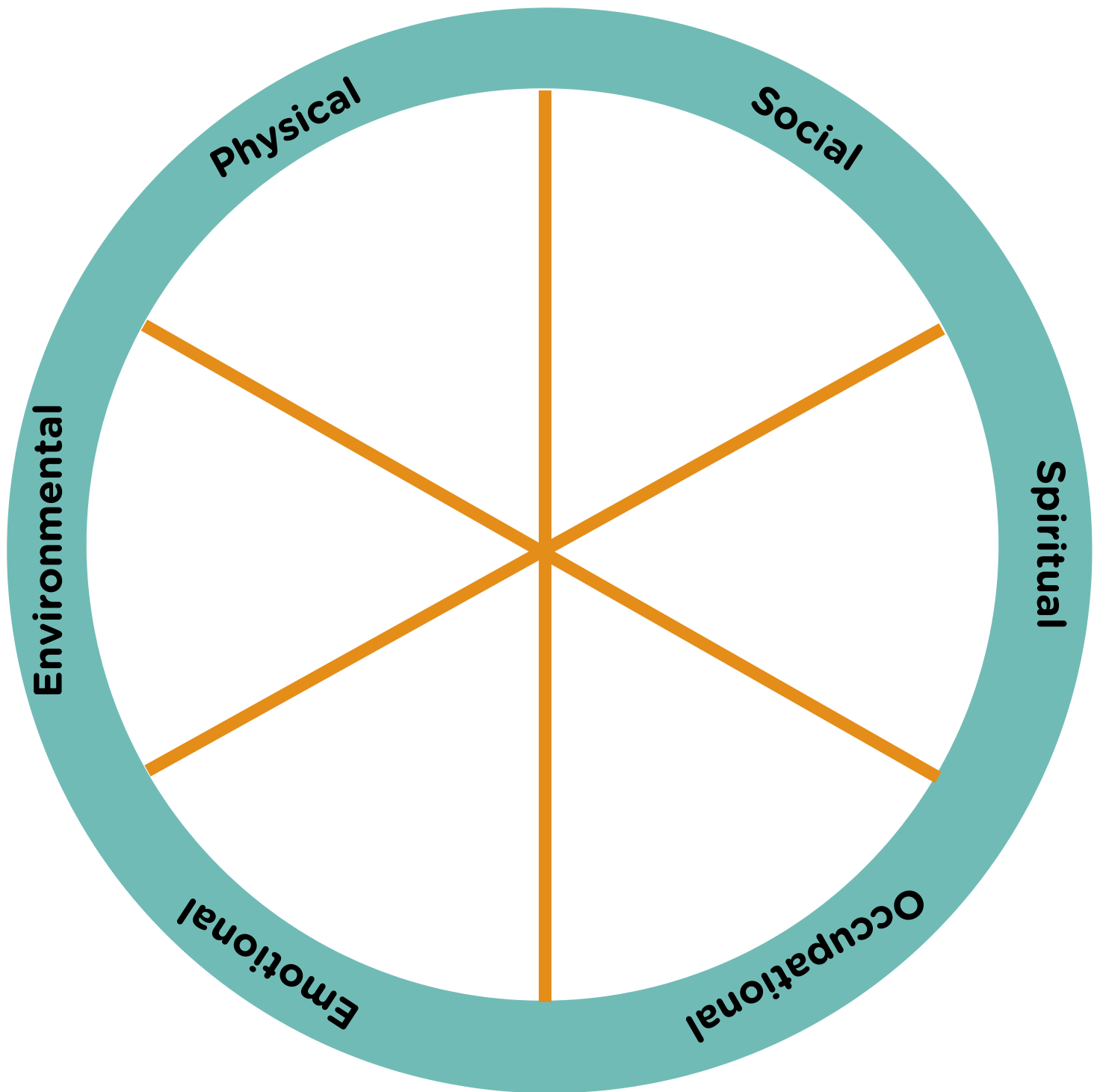
Unplug from  
social media

Practice stretching

Drink water

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.**