

PROMOTING POSITIVE MENTAL HEALTH

ALL OF THESE ARE
IMPORTANT FOR GOOD
WELLBEING

SLEEP

Create a healthy sleep routine and try to go to sleep/get up at the same time everyday with no more than an hours difference. Before bed, try having down time, limiting caffeine and sugar, having a cool bedroom and limiting screen time. Adolescents should have around 8-10 hours of sleep a night.

DIET

Nutrition is beneficial for both the body and mind, and eating a balanced diet can help lift mood, increase energy levels and prevent physical and mental illnesses and diseases. Eating 5 portions of fruit and vegetables a day and including wholegrains, meat, fish and pulses whilst limiting foods high in sugar, fat and salt are advised.

EXERCISE

Regular physical activity is associated with lower rates of depression and anxiety across all age groups, which is thought to be down to it leading to chemical changes in the brain. Find a form of exercise that is enjoyable and easily fitted into daily routines; the NHS recommend 150 minutes of moderate aerobic activity a week.

RELAXATION

Make time to de-stress from the day and have some quality 'you' time doing something enjoyable. Mindfulness is said to help the mind and body reconnect and helps to appreciate things in life. Ways to practise mindfulness are meditation, yoga, journaling, gratitude, listening to music, being outside and deep breathing techniques.

HYDRATION

Keeping hydrated keeps your organs and body working to their full potential, leading to balanced hormone levels. When dehydrated the body sends panic signals to the brain, leading to feelings of anxiety, irritability, sluggishness and feeling down. Drinking water helps fight fatigue and increases concentration.

POSITIVE SELF REFLECTION

Building your emotional intelligence allows you to become more self aware and have a better understanding of your emotions, thoughts, goals, strengths, weaknesses, achievements and your impact on others.

COMMUNICATE

Talking about thoughts and feelings can relieve negative emotions and creates positive support systems. Evidence shows that we have a fundamental need to feel close to and valued by others, and that social relationships are essential for promoting wellbeing.

IDEAS FOR SELF CARE ACTIVITIES



HIGHLIGHT SOME ACTIVITIES BELOW THAT YOU LIKE TO DO OR MIGHT LIKE TO TRY

- SIT IN SILENCE FOR 10 MINUTES
- GO FOR A WALK OUTSIDE
- LISTEN TO MUSIC
- WRITE A GRATITUDE LIST
- TAKE A NAP
- CREATE A LIST OF GOALS
- PAINT, DRAW OR COLOUR
- HAVE A WARM BATH
- READ A BOOK
- GO TO A COFFEE SHOP AND PEOPLE WATCH
- WRITE A BIOGRAPHY OF YOURSELF
- BAKE YOUR FAVOURITE DESSERT
- GO FOR A LONG DRIVE
- SET A SPENDING LIMIT AND GO SHOPPING
- TRY A NEW WORKOUT
- GO TO BED EARLY
- ORDER YOUR FAVOURITE TAKAWAY FOOD
- REARRANGE YOUR BEDROOM
- SIGN OUT OF SOCIAL MEDIA ACCOUNTS
- GO TO THE CINEMA
- DO SOME YOGA
- COMPLETE A RANDOM ACT OF KINDNESS
- WATCH FUNNY VIDEOS
- STRETCH
- LISTEN TO A PODCAST
- TRY A NEW CLASS/HOBBY
- FEED THE BIRDS/DUCKS AT THE PARK
- ADMIRE THE VIEW
- CLEAR YOUR EMAIL INBOX
- TOUR A MUSEUM
- CREATE A MORNING/EVENING ROUTINE
- GO THRIFT SHOPPING
- SORT THROUGH AND THROW AWAY EXPIRED MAKEUP/SKIN CARE
- GET A MASSAGE
- WATCH AN INSPIRING TED TALK
- EXPLORE A CITY
- WRITE A SHORT STORY
- WATCH THE SUNRISE/SET
- TRY A NEW RECIPE
- APPLY A FACE MASK
- WRITE A LETTER TO YOUR YOUNGER SELF
- GO FOR A SPA DAY
- NOTICE 3 NEW THINGS ABOUT YOUR SURROUNDINGS
- REARRANGE YOUR WARDROBE
- CREATE A VISION BOARD
- DRINK ENOUGH WATER
- BUILD SOMETHING WITH LEGO
- TAKE A SHORT ONLINE CLASS
- MAKE A LIST OF NEW HABITS YOU WOULD LIKE TO ADOPT
- PAINT YOUR NAILS
- WRITE A RECAP OF YOUR WEEK
- START OR CONTINUE JOURNALING
- LOOK THROUGH OLD PHOTOS
- MEDITATE
- WATCH A DOCUMENTARY
- WRITE 3 GOOD THINGS ABOUT 3 PEOPLE YOU CARE ABOUT
- DO SOME VOLUNTARY WORK
- WRITE SOME POSITIVE AFFIRMATIONS
- CALL A FRIEND/FAMILY MEMBER
- REFLECT ON HOW FAR YOU'VE COME
- DO YOUR MAKEUP AND DRESS IN SOMETHING THAT MAKES YOU HAPPY
- WATCH YOUR FAVOURITE FILM
- DO A PUZZLE
- MAKE A VIDEO AND PRETEND YOU ARE ON YOUTUBE
- PLAN YOUR WEEK AHEAD
- BUY SOME SELF HELP BOOKS

MY SELF CARE PLAN



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY
