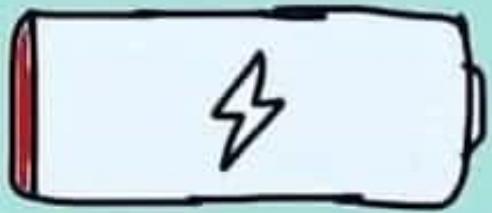


Self-care guide

How to look after my
wellbeing





**YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.**

**SELF CARE IS A PRIORITY,
NOT A LUXURY.**



The Capacity Cup



@thepsychologymum

Have a go at looking at your own Emotional Cup

My Emotional Cup

How I deal with having an empty cup:

-
-
-



What fills my cup:

-
-
-
-
-

What empties my cup:

-
-
-
-
-

Self-care ideas

Fuelling your body with food

As a teenager, your body is going through many physical changes – changes that need to be supported by a healthy, balanced diet.



Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts.

Skipping meals or starving yourself will only make your body feel tired and unwell!

Staying hydrated

It's important you drink fluids regularly.

- Bring a water bottle to school
- Have a drink at lunchtime
- Have a drink during and after exercising



Be kind to yourself

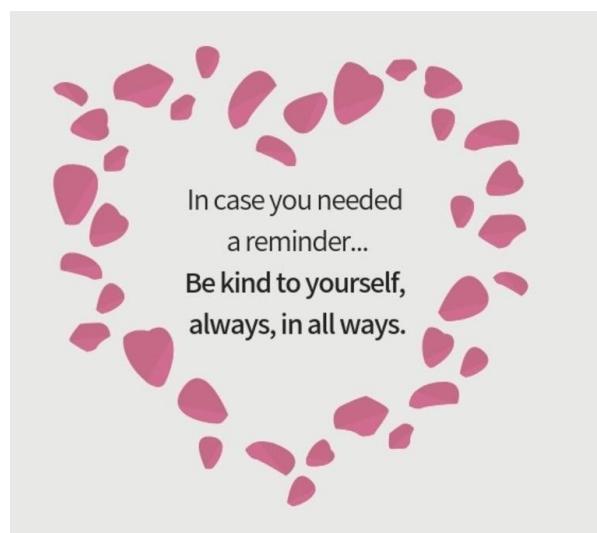
Video: <https://family.gonoodle.com/activities/be-kind-to-yourself>

Being kind to yourself helps keep both mind and body strong and healthy. We give best out of our wholeness.

Those best equipped to **be kind** to others are those who are **kind** to themselves.

Self-kindness includes self-care.

- * **Take time away from social media.**
- * **Start a new hobby**
- * **Be creative**
- * **Meet friends outdoors**
- * **Mindful time**
- * **Get a good amount of sleep**



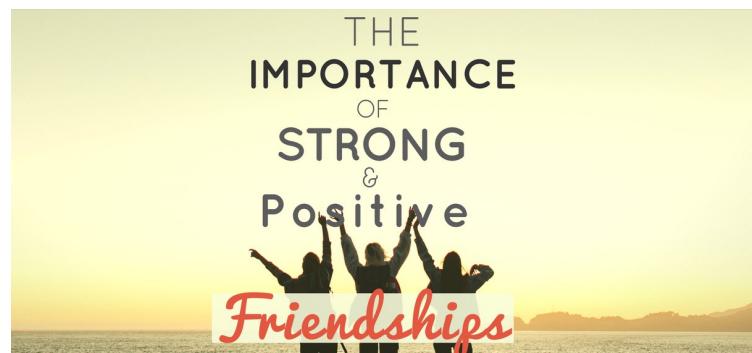


Spending time with people who enrich your life

Good **friends** are loyal and accept you for who you are during the good and bad times.

Good **friends** are also honest — honest enough to tell you when you're not being a good **friend** yourself.

Some people only want to surround themselves with people who will tell them what they want to hear.



What are the positive effects of friendship?

Boost your happiness and reduce your **stress**.
Improve your **self**-confidence and **self-worth**.

Moving your body

Why exercise?

Ensures a healthy weight, strong muscles and bones, **improved heart health** and a good posture are to be gained through exercise during your teenage years. Maintaining high fitness levels at an adolescent age also sets individuals up to be healthier later on in life



Exercise and Your Mood

Research shows that regular exercise improves our mood. Exercise can even produce changes in certain chemical levels in the body, which can have an effect on the psychological state.

Endorphins are hormones in the brain associated with a happy, positive feeling.. During exercise, plasma levels of this substance increase. This may help to ease symptoms of low mood.

Exercise also boosts the neurotransmitter serotonin in the brain. Neurotransmitters are chemicals that send specific messages from one brain cell to another. Though only a small percentage of all serotonin is located in the brain, this neurotransmitter is thought to play a key role in keeping your mood calm.

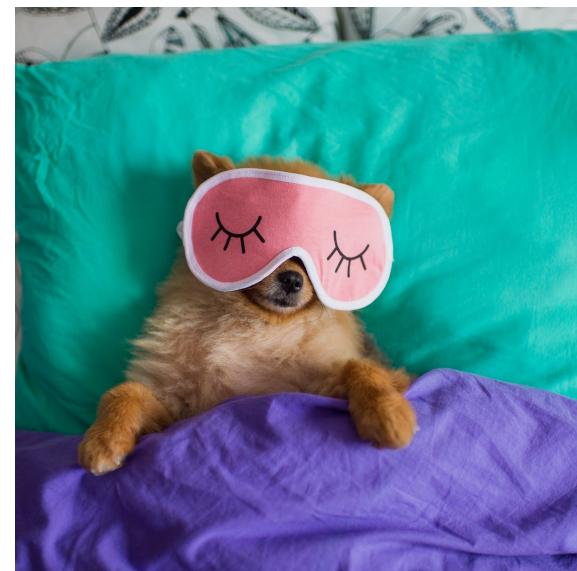
**Be kind.
Be patient.
Be generous.
Be accepting.
Be all of these things
to yourself.
That is where
it begins.**

Seed & Song



Sleep

A minimum of 8 to 10 hours good sleep on school nights is recommended for teens.



Sleep and Emotional Health

Most people have experienced how sleep can affect mood, causing irritability and exaggerated emotional reactions. Over time, the consequences can be even greater for teens who are adapting to more independence, responsibility, and new social relationships.

Prolonged sleep loss may negatively affect emotional regulation.

SLEEP IS VERY IMPORTANT

Reasons for lack of sleep in teenagers

Won't get off electronics/social media/phone

56%

Irregular sleep schedule due to homework/activities

43%

Worry about school

31%

Worry about social life

23%

Health problem/
medication

10%

Source: C.S. Mott Children's Hospital
National Poll on Children's Health, 2018

Teen sleep hub



Teen Sleep Hub – aimed at teenagers, addresses the link between poor sleep

and mental health as well as the triggers for sleep deprivation and the practical strategies that can be put into place.

“Research has shown that many young people are struggling with their sleep and that it is having a negative effect on their mental health. We know that significant numbers of teenagers are not getting the sleep they need in a typical week and are too tired to do schoolwork or study or concentrate in class. That is why a resource like this is so important.”



The one stop shop for all you need to know about sleep.

If you’re looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind

Download the e-book here

<https://teensleephub.org.uk/>

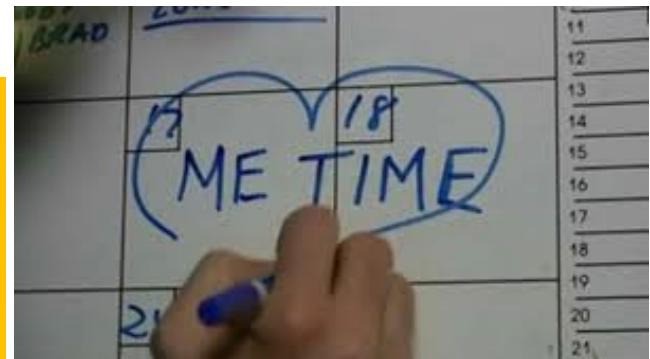


Slowing down the fast paced world

Taking time for yourself

Spending time alone can also heighten your emotional intelligence.

You have more time to reflect on your feelings and become self-aware. When we're busy, we can sometimes act or react rashly. Take time for yourself so you can clarify your emotions and determine why you feel the way you do.



Mindfulness

Research suggests that regular practice of mindfulness is linked to:

- Sensory awareness = awareness of sensory stimuli (touch, sound, light, taste, smell);
- Cognitive control = control over thoughts and thinking;
- Emotion regulation = control over feelings e.g. anger, fear;



Stop.
Take a breath.
Observe your thoughts and feelings.
Pause.
Proceed mindfully.



Mindfulness support for 11-16 year olds

Guided meditation

<http://mindfulnessforteens.com/guided-meditations/>

Apps

Stop, Breathe & Think
Headspace. ...
Calm



SELF CARE

might look like...



- having a cup of tea
- asking for help
- going for a walk
- treating yourself
- getting some fresh air
- eating healthy
- staying off social media
- getting creative
- relaxing in the bath
- saying no to things
- reading a book
- putting yourself first
- seeing friends or family
- enjoying some silence
- setting goals
- starting a hobby



DAILY SELF-CARE

To-Do List

Physical Needs

Emotional Needs

Affirmations

Today I Feel...

"Quote"