



blissingmanifesting

KNOWING WHAT WE NEED TO DO IN ORDER
TO TAKE CARE OF OURSELVES



EATING WELL



GETTING ENOUGH SLEEP

MY

SELF CARE

PLAN

SOMETHING THAT YOU ENJOY THAT ALLOWS YOU TO ESCAPE WHAT
IS TROUBLING YOU. MAKE SURE YOU DO AT LEAST ONE THING YOU
LIKE EVERYDAY.

PLANNING FOR SELF CARE

By creating a self-care plan you will be able to identify activities that you can use to support your mental health.

Included in this booklet are some activities that you may wish to try. If an activity works, keep doing it, if it doesn't, stop and try something else.



PHYSICAL ACTIVITIES

1. **EAT A HEALTHY DIET** – Eating a balanced diet can help keep our bodies and minds healthy. This will give you more energy allowing you to take part in more activities and socializing.
2. **TRY SOME RELAXATION TECHNIQUES** – There are lots of different relaxation techniques you can try. These are particularly helpful when you are feeling overwhelmed, stressed, or anxious. The days can easily become busy and overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely.
3. **TIME AWAY FROM YOUR PHONES** – Sometimes technology and social media can be overwhelming, and messages and notifications can be never ending. This is why time away from technology should be part of your self-care plan. You may think that your phone is essential and without it there is nothing else to do, but just see how it feels to take yourself away from it for a bit. It can make a whole lot of difference.
4. **EXERCISE REGULARLY FOR 30 MINUTES** – This can help release any stress, anger, or tension you may have. Being active can make your mind and body feel better. The benefits of exercise include a lower resting heart rate and the release of endorphins, which have a positive impact on mood.



EMOTIONAL ACTIVITIES

1. **DEVELOP FRIENDSHIPS THAT ARE SUPPORTIVE** – We all need people in our lives we can turn to when we are struggling, whether for a deep discussion or just a chat. It can take the pressure off needing to seem ‘okay’ just for a little bit because you know you can trust them. Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh can really help you feel better.
2. **BE KIND TO YOURSELF** – Self-care is about things we do to look after our own mental health. Self-kindness won’t necessarily stop your thoughts and feelings from being difficult, but it might provide some small comfort in the midst of them.
3. **WRITE DOWN THREE GOOD THINGS THAT YOU DID EACH DAY** – Writing things down, by using a journal or a diary, can help you to defuse a situation that you have kept inside you. They can be a way of expressing difficult feelings, expressing words that you would not be able to say out loud. It can also be good to track your mental health highlighting the good days and the bad so that you can learn more about yourself and your mental health.
4. **TALK TO A FRIEND ABOUT HOW YOU ARE COPING** – Ringing for a chat helps you get away from how you are feeling. Sometimes when you are feeling low or anxious it can be really easy to slowly stop getting out and seeing your friends as much as you used to. It can be really helpful to try and break that habit by purposefully spending more time with friends and people you get along with. Ringing for a chat helps you get away from how you are feeling.



SOCIAL ACTIVITIES

1. TALK TO YOUR FRIENDS ONLINE OR FIND AN ONLINE SUPPORT GROUP-

Everyone communicates in different ways, and sometimes it can feel easier to talk about what's on your mind via an online chat. If you would prefer to speak to a volunteer, the following charities have online chat services:

- ***Childline***
- ***The Mix***
- ***KOOTH***
- ***SWITCHBOARD – LGBT helpline***
- ***BEAT – Eating disorders***

2. CREATE A PLAYLIST WITH YOUR FRIENDS – This can help to remove you from the issues that are bothering you and help manage your feelings. Listening to music you know you enjoy can help with the following:

- ***Help to improve your mood***
- ***To help release built up tension/anger***

3. JOIN A LOCAL YOUTH GROUP – Finding a group of people with similar interests to you can really help your confidence and help you make new friends. It may help to develop social skills and open up a new sport, or activity you wouldn't have had interest in before discovering it.



PRACTICAL ACTIVITIES

1. **ORGANISE YOUR DAY**- Organising your day can give you a sense of satisfaction, as well as keeping you feeling grounded and structured. Sometimes even getting out of bed seems impossible, let alone making it through a busy day. Breaking things down into smaller steps can help things seem less intimidating, and possibly build a routine that can help you manage symptoms such as low mood and anxiety. Writing a list and organizing yourself will help to prevent stress.
2. **TRY TO SHOWERED AND DRESSED EACH** – Sometimes, when experiencing low mood, anxiety or any other mental health problem, looking after yourself physically can feel harder than usual. Sometimes convincing yourself to go the extra mile can be really helpful. If you feel happy in what you are wearing and you are clean, then you can start your day on a better foot.
3. **SET SOME GOALS** – Goal setting can give you some extra motivation and encouragement, if you feel you need it. It may also help with your daily routine, giving you something to work towards to get you through the day. You might find that setting yourself little goals each day keeps you feeling more organised and stable, and you can always reward yourself for completing a goal. It's important to remember that not achieving the goal you set for yourself isn't something to feel ashamed of – you're doing your best, and sometimes just getting out of bed is an amazing achievement! In fact, it can sometimes be useful to try the 'three list technique'. This is where you write three lists of goals, one list to use if you're having a bad day, one for if you're having a normal day, and one for if you manage a good day. That way, even if you had a bad day, you're still able to reward yourself for doing some smaller tasks, such as brushing your teeth or having a shower.

CHOSEN ACTIVITIES

SELF CARE TIPS

RELAXATION TECHNIQUES - There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive muscle relaxation
- Guided visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

MINDFULNESS - Mindfulness can help us enjoy life more and pay better attention to the world around us, especially how we interact with it through our bodies. Mindfulness techniques and meditations are designed to awaken us to the sensations of the present moment, such as the sound of the birds or the feel of an object. The goal is that we are not caught up in the constant workings of our thoughts and have more time to see the present moment clearly.

REVISION - If you're stressed with exams, revision can be a form of self-care, because it can make you feel more in control of your exam stress or anxiety, and make you feel better prepared to get the grade that you are hoping for.

HOPE BOX – HAPPY BOX - A hope box (or a whatever-you'd-like-to-call-it box) is a place to put special memory items or little trinkets, such as photos of an important day, concert or train tickets, gifts or notes that friends or family have given, or even receipts for things you'd like to remember enjoying. You could put in letters from your friends with words of encouragement, or birthday cards from loved ones. Some people might like to include smells that make them happy, such as a perfume tester or some dried lavender.

DRAWING OR PAINTING - Many people find that spending time on artistic activities, such as drawing and painting, can be soothing. Repeatedly moving a pencil or paint over paper can itself be a calming act, and sometimes being creative is an opportunity to express difficult thoughts and emotions that can't otherwise be put into words, gaining more insights on what you've been through or are going through.

LAUGHTER/HUMOUR - Having a laugh can help people feel better, and, naturally, different people have different senses of humour, from making silly puns to being sarcastic. Laughing with friends often feels good, but make sure it's not at someone else's expense or making someone else feel upset or excluded. If someone says the joke is upsetting them, it's important to respect that.

MY PLAN

1. What are the main things that cause you worry stress or anxiety?

2. Have a look at the self-care tips. Which five could you try?

- 1.
- 2.
- 3.
- 4.
- 5.

3. Are my activities balanced

4. Will anything get in the way of these activities

WHERE CAN I FIND SUPPORT

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult.

If talking to an adult is not possible, you can find a list of organisations which offer 24 hour support by text, email or phone:

NHS 111 (England) / NHS 24 (Scotland)

Call: **111**

NHS 111/NHS 24 provides advice for health concerns that aren't immediate emergencies. They can offer self-care guidance, connect you to healthcare professionals, book appointments or send an ambulance if needed. The service is available 24/7 and is free to call.

You should always call 999 when it is an emergency, such as when a crime is happening, when there is a danger to life or when violence is being used or threatened.

Emergency services

Call: **999** Call 999 if you're worried that you or someone else is at immediate risk of serious harm. This is free and available across the UK, and should only be used in an emergency. You can also go to your nearest Accident & Emergency (A&E) department.

Anna Freud Crisis Messenger

The Anna Freud Crisis Messenger is a free, confidential, 24/7 text service provided by Shout, for anyone feeling overwhelmed or struggling to cope. Trained volunteers will listen and help you take the next steps towards feeling better.

