

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

Have a bath

Do something kind
for someone else

Keep a diary

Set a schedule for
today's tasks

Play a silly game

Get enough sleep

Unplug from social
media

Spend time with
people whose
company you enjoy

Exercise regularly

Tidy your room /
workspace

Listen to music

Think of some
positive things
about yourself

Make a plan for
your future

Stretch

Spend time
outdoors

Look in the mirror
and smile at
yourself

Speak to a friend

Breathe deeply

Make / draw
something

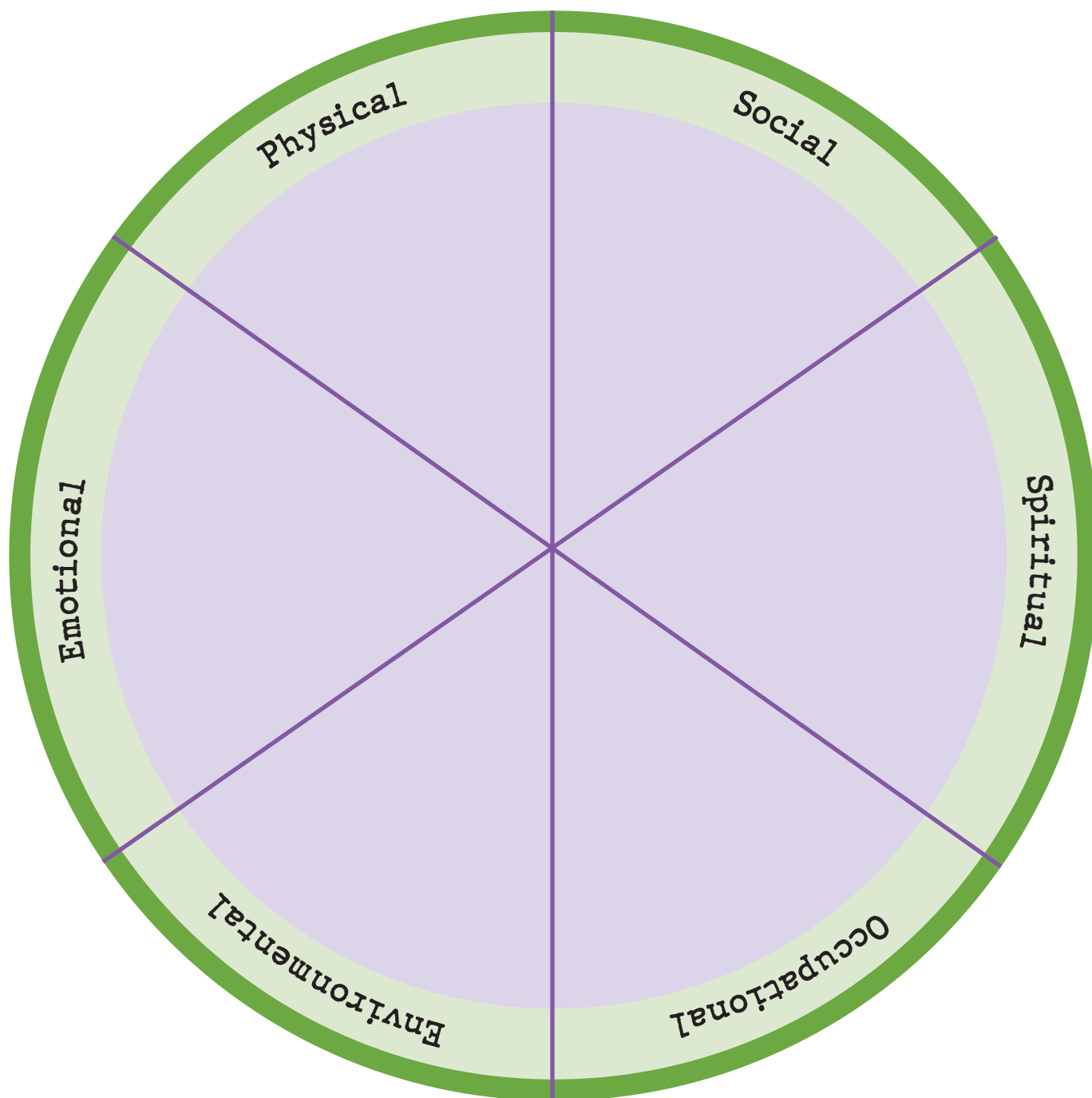
Pray

Dance

Drink water

Declutter

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.