



## SELF Care



'SELF care' skill helps protect and improve our mental health.



Looking after ourselves is our own responsibility. We need to work at keeping ourselves healthy, improving our health and treating illness if we become unwell. When we are very young, our parents or carers look after us. As we get older and more independent, the responsibility for SELF care is up to us; no one else should be expected to do it for us.

**SELF** care reminds us what we need to do regularly to keep our minds and bodies healthy. SELF care skill strengthens us and helps us to cope with life's challenges. Just like a battery, we need to keep ourselves charged up by doing activities which energise us.

- **S**leep
- **E**ating & Exercise
- **L**ook at: illness, challenges (exams, life events)
- **F**ind Fun everyday – something that gives you a sense of achievement, ability and enjoyment.

Making a plan each day and writing it down helps to ensure that we have a balance of work, rest and play and that we are using SELF care skill. Use the weekly planner to help you.

