

A young person's guide to

Looking After Yourself

Looking after yourself

However, your wellbeing is at the moment, there are things you can do to look after and improve it.

What helps you now may not be the same as what helps you in the future. Try what you feel is comfortable and right for you, at this moment.

Be Creative!



Doing something creative can help boost our self-esteem and our relationships. It can also help us feel less stressed, learn something new, and express ourselves. You could try:

- drawing, painting, photography or creative writing
- singing or playing an instrument
- dance or drama
- making something out of old materials
- ... anything using your imagination and skill.

Learn something new!



Learning new things can be a great way of improving our confidence and giving us a sense of achievement. You could try:

- cooking or baking something new
- your own DIY project
- discover new places close to home
- a new sport or language.

Exercise at your pace!



Regular exercise can improve our mood and self-confidence, increase our energy and help us sleep better. You could try:

- something small, like a short walk or taking the stairs instead of the lift
- going for a walk, swim, run, or bike ride
- try out online exercise sessions
- Yoga / Pilates

Looking after yourself

Healthy Eating!



Healthy eating and drinking can improve our mood, increase our energy and help us sleep better. You could try:

- eating a balanced diet (especially if you're vegetarian or vegan), but also making sure you eat enough to give your body energy
- keeping hydrated
- reducing added sugar and caffeine in your food and drink.

Sleep!



Getting good sleep, and enough of it, can help us have more energy, feel more positive, and feel less stressed. You could try:

- going to bed at a time that allows you enough sleep
- cutting down on screen time before bed
- using a blue light filter or night mode on your screen in the evening to help you feel sleepy
- reading a book before bed or listening to relaxing music.

Help Others!



Helping others can make us feel happier, give us a sense of achievement, increase our self-worth, and boost our relationships. You could:

- offer a neighbour or stranger help if you see they need it
- volunteer your time or skills somewhere
- ask a friend how they are, and truly listen to them.

Do things you enjoy!



Spending time doing something we enjoy can make us feel happier and more relaxed, have fun, boost relationships with others, and even help develop a skill. You could try:

- a hobby, like playing a sport, baking or cooking
- spending time with friends or family
- reading or watching films or gaming.

Looking after yourself

Connect with others!



By connecting with other people we can improve our mood, feel more accepted, share experiences, and support each other. You could try:

- organising something nice with your friends or family
- visiting a friend you haven't seen in a while
- meeting new people by joining a club.
- connect virtually or by phone

Try relaxing things!



Relaxing can give us some time out and a chance to feel less stressed, feel peaceful and calm, and clear our minds. You could try:

- spending time in nature
- seeing a friend
- reading, listening to music or watching a film
- having a bath or shower
- relaxation exercises, meditation, or religious prayer.

It's ok to ask for help!



It's normal to want to try and deal with things on your own. But opening up to friends, family or other people you trust can help you feel supported. Try and remember it's always ok to ask for help.

My Self Care Plan

What Will I Do?

Make a memory box, this will be full of pictures of friends and memories we have shared.

What Have I Done?

I was able to walk my dog through the countryside and we explored places we hadn't seen.

My Self Care Plan

What Will I Do?

What Have I Done?

Services that can help

If you feel unable to keep yourself safe, this is an emergency. You can:

- tell an adult you trust and ask them to call for help
- text YM to YoungMind's Crisis Messenger on 85258, and a counsellor will call you back to talk things through with you
- Shout 24-7 Crisis messenger service – text 85258
- Childline on 0800 1111
- Samaritans can offer 24/7 support if you are in crisis call 116 123
- 24/7 Mental Health Helpline for Buckinghamshire & Oxfordshire via 111

Mental health emergencies are serious. You are not wasting anyone's time.

SAMARITANS

YOUNGMINDS

NHS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

We're Mind, the mental health charity.
We're here to make sure anyone with a
mental health problem has somewhere
to turn for advice and support.



Oxfordshire

☎ 01865 247788
✉ info@oxfordshiremind.org.uk
🌐 www.oxfordshiremind.org.uk
💬 85258

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Company Limited by Guarantee Number: 4343625.
Registered in England at registered office: 2 Kings Meadow, Oxford OX2 0DP, UK.