

My self-care plan



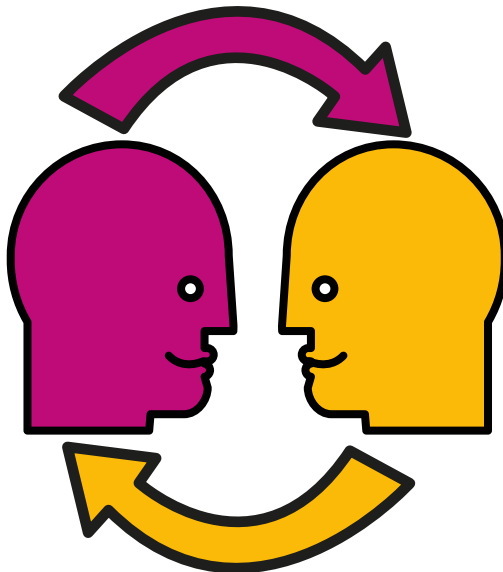
Creating a plan that
works for you

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected.

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives. This is understandable.

So how should we manage when we're having difficult feelings? There are lots of things you can do to look after your own mental health and wellbeing. This booklet will give you some ideas of things you can try, to help you find what works for you.

It's important to remember that it's okay to ask for help. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or use the resources at the back of this booklet.



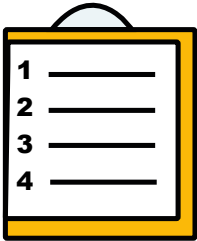
What is self-care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look different. What works for you might not work for others.

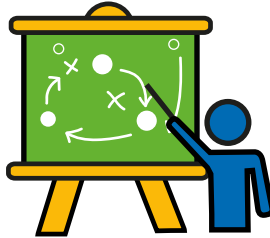
There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing. Whatever works for you.

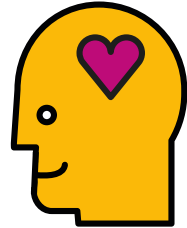
Here are some ways people describe self-care:



There are over 90 self-care strategies identified and written by young people at the back of this booklet so you can try out different ones until you find something that works for you.



Draw up a plan. Put aside some time every day for yourself and say what you will do.



Everyone has mental health. Talking almost always helps. Listening always helps others.

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. You can adapt your plan on a weekly or monthly basis depending on your schedule or priorities.

By breaking down your self-care approaches into different categories (physical, emotional, social and practical) you will be able to monitor and positively influence your wellbeing throughout your day.

We've included some activities that you may wish to try and included links so you can read how these activities have helped other young people when they feel low or anxious. If an activity works, keep doing it. If it doesn't, stop and try something else. You may already have your own thoughts about what you'd like to try. It's up to you.

Physical



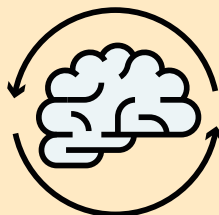
Emotional



Social



Practical



Physical activities

Suggested physical activities

1. Eat a healthy diet

"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives gave me more energy, which allowed me to take up more hobbies and socialise."



2. Try some relaxation techniques

"The days can easily become busy and potentially be 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 technology

"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit. It doesn't have to be for long but can make a whole lot of difference."



4. Exercise regularly for 30 minutes

"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"



5. Dance

"If you need to find a way to let off some steam or put yourself in a good mood, put on your favourite songs and have a little boogie in the living room. Even small movements make a big difference."



Emotional activities

Suggested emotional activities

1. Develop friendships that are supportive

“Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier.”



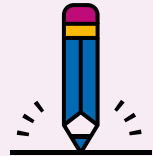
2. Be kind to yourself

“Self-kindness won’t necessarily stop your thoughts or feelings from being difficult, but it might provide some small comfort in the midst of them.”



3. Write three good things that you did each day

“I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts.”



4. Talk to a friend about how you are coping

“Ringing for a chat helps you get away from how you’re feeling.”



Social activities

Suggested 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. You may find this quieter and less pressurising than face-to-face conversation.”



2. Take part in a photography challenge with your friends

“Photography allows me to look closely at things, and let myself see the beauty in tiny little things. If I don’t have a camera with me, it is easy to walk fast and stay stuck inside my own head, but if I have a camera, I start looking out, dragging me out of my own head.”



3. Create a playlist with your friends

“I think it helped because it removed me from the issues which were bothering me. I was able to just enjoy the music rather than having to think about anything else.”



4. Join a local youth group

“Finding a group of people with similar interests to me really helped my confidence and helped me make new friends.”



Practical activities

Suggested practical activities

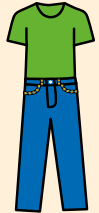
1. Organise your day

"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."



2. Try to get showered and dressed each morning

"It gives you the best foundation to feel good...little things you sometimes forget to do when you're feeling bad...have I drunk enough water today? Have I brushed my teeth? There's apps that help you to remember all those basic things that are important but often go out the window when I'm feeling rubbish."



3. Set some goals for the future

"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."



4. Create a revision timetable

"Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy too, not just your school work!"



5. Learn a new language or skill

"I have found learning British sign language to be a great distraction when I'm feeling low or anxious. Learning something new gives me a great feeling of accomplishment."



Physical chosen activities:

1.....

2.....

3.....

Emotional chosen activities:

1.....

2.....

3.....

Social chosen activities:

1.....

2.....

3.....

Practical chosen activities:

1.....

2.....

3.....

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

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

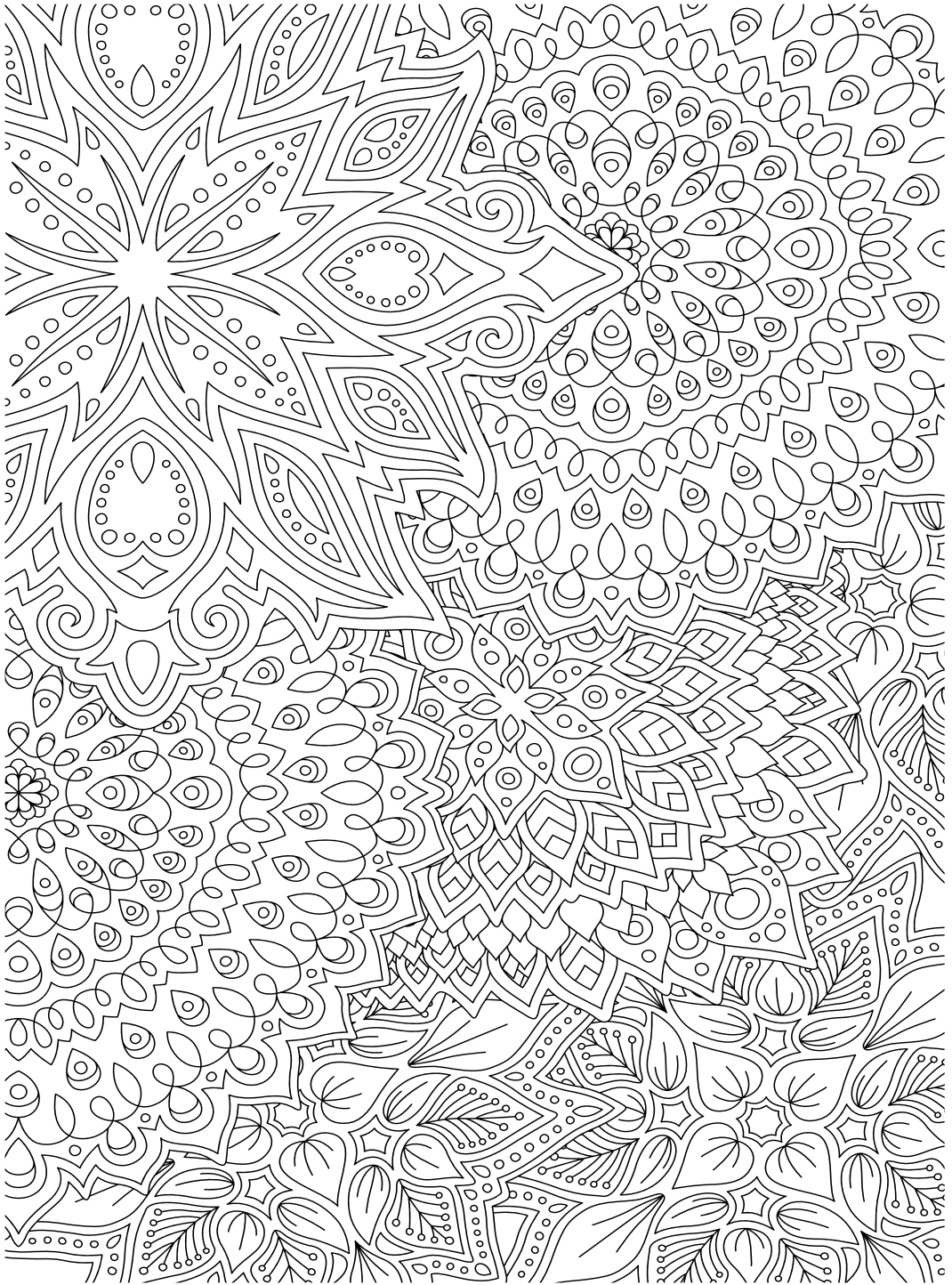
Will anything get in the way of these activities?

Everyone has mental health. Talking almost always helps others. Who can you talk to if things get too difficult?

Self-care activities

Baking and cooking	Revision	Reducing consumption of stimulants and other drugs
Coding	ASMR	Crafting
Spending time with friends	Sleep	Drawing or painting
Daydreaming and visualisation	Creative writing	Understanding negative thoughts and feelings
Playing	Psychic intuition	Going to the cinema
Text message support	Time away from technology	Rewards
Faith and religion	Face-to-face informal support	Photography
Walking	Laughter / humour	Books and reading
Homeopathy preparations	Ecotherapy	Going on day trips or holiday
Learning a language	Boardgames	Alone time
Distraction techniques	Silence	Challenging negative feelings
Online chat or peer group support	Listening to podcasts	Shopping
Getting a job	Listening to your body	Over the counter medications
Tai Chi and Qigong	Yoga	Acceptance
Letting off steam	Confronting your fears	Sport
Gaming	Pilates	Drama
Making music	Youth groups	Apps delivering self-help strategies
Virtual reality therapy courses	Telephone support	Chinese herbal medicine
Crying	Spending time with animals / pets	Spending time with supportive people
Avoiding certain foods	Being outside	Light therapy
Warm bath	Be kind to yourself	Physical exercise
Self-talk	Massage	Dance
Listening to music	Personal care and hygiene	Psychoeducation
Goal-setting	Noticing your triggers	Aromatherapy and fragrance
Developing a balanced sense of self	Spiritual healing	Mindfulness
Watching YouTube, TV or films	Writing things down	Activism
Email support	Positive thinking	Meditation
Water therapy	Volunteering and taking care of others	
Problem solving	Setting boundaries	
Relaxation techniques	Organising your day	
	Spending time in nature	
	Colour therapy	

Mindfulness colouring



Doodle pad

Use this space to draw or doodle whatever you fancy

Where to seek further support

The strategies in this booklet take consistency, time and practice to help to change how your child deals with anxiety. However, if you have been working with your child to implement these over a period of time and they do not seem to be helping your child may need further support.

There are several options for further support:

CAMHS Single Point of Access

Can be used if you have parental responsibility, or if you are a child aged 16-18. You can use their self referral service which can be accessed:

- Using the online self referral form on our website www.southwestyorkshire.nhs.uk/wakefield-camhs-online-referral-form/
- By calling the Single Point of Access team directly Monday to Friday, 9:00am – 5:00pm, on: **01977 735865** option 2

Professional referrals

Are also accepted and you can ask your child's school or GP to complete a referral on your behalf

Kooth

Provides free, safe and confidential information and online counselling for young people (between the ages of 11 – 25) . Kooth also provides face to face counselling for young people through schools in Wakefield. This can be accessed by getting school to complete a referral.

www.kooth.com

Turning Point

Delivers talking therapy services and online wellbeing workshops in Wakefield. They are available for young people aged 16 and above who are registered with a GP surgery in the district. Young people can self-refer online into talking therapies for a range of support around anxiety, low mood and depression, stress, sleep, and low self-esteem

www.talking.turning-point.co.uk/wakefield/

The Mix

Provides online/ telephone counselling services for people up to the age of 25

www.themix.org.uk

Young Minds

Has a great website with resources for children, young people and parents

www.youngminds.org.uk

Childline

Provide a 1-2-1 counsellor chat service online and can also be called on **0800 111**

www.childline.org.uk

Clear Fear

A free app providing information and strategies for managing anxiety

We also have further resources and information on our website:

www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/

Online support

Get information, advice and support



Childline are open 24 hours a day and it's free to contact them - online, by email or phone.

Play games and access information and advice on their website.



The Mix offer free online and phone support for under 25s. Access their website for information and advice.

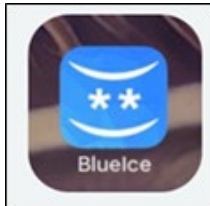


Young Minds have lots of online resources for looking after your mental health.



Share how you feel on Kooth, find out how others feel, or talk to a Kooth counsellor for free.

Apps



Bluece

For managing mood and urges to self-harm

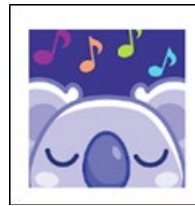
FREE



Worri-nots

For children to offload their worries.

Companion app for parents - Wotnot
£ In-app purchases



Moshi: Sleep & Mindfulness

For parents to help their children settle

£ In-app purchases



Clear Fear

For help managing anxiety

FREE

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.