

# Self-care & Support



## Day to day self-care!

**Be active:** Even a short walk will do. Exercising is one of the quickest and most effective ways to keep your mind healthy. Fresh air will clear your head and perk you up.

**Get enough sleep:** Try to get about 8 hours' sleep a night. Limit time spent on your phone/social media. Plan your day. Set yourself daily goals, keep yourself busy and motivated to help you get through your day.



GOOD = GOOD  
FOOD = MOOD

**Mood and food:** If you don't eat enough and don't eat the right foods your blood sugar drops. Therefore, you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. Slow-release energy foods include: pasta, rice, oats, wholegrain bread and cereals, fruits and nuts. **Quick tips:** Eating a nutritious breakfast gets the day off to a good start. Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks including energy drinks.



**Seek support:** If you become overwhelmed with worry or stress, or don't know where to start, it might help to **speak to your teachers/head of year/school nurse/parents/carers** or **write down how you're feeling** if that would be easier.

**Distract yourself:** disrupt thoughts and feelings, urges – watch a **film**, **read**, take a **cold shower**, listen to **music**, **mindfulness**, visit **friends**.

### Online Counselling or support.

- **Kooth** is an online counselling and emotional well-being platform for children and young people, accessible through **mobile, tablet and desktop** and is **free** at the point of use. You can get help with the following: Relationships, Exam stress, Bullying, Eating disorders, Self-harm, Life-problems, General health.

- **Text Chat health** for support from a school nurse! **07507330205**.

- **42<sup>nd</sup> street** a free online support, giving you weekly one-to-one support with an allocated worker to help you through tough times. Sign up for support: <https://onlinesupport.42ndstreet.org.uk/>.

- **Young minds** - Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. **If you need urgent help text YM to 85258**.

My Self-care Support Sheet.



*Write down your worries/anxieties around the figure/thoughts bubbles.  
Read through the Healthy School's Self-care guide and on the inside of the  
bubbles make a note of the strategies that you could use.*