

My self-care plan



Supported by



Anna Freud
National Centre for
Children and Families



NOMINET

What is self-care?

Just as we look after our physical health, it's important to look after our mental health.

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. It can help your body and mind to relax, drift away, or be more energised.

There are lots of different ways you can try self-care: dancing, spending time with friends, playing sports, laughing, drawing, spending time with pets - anything that makes you feel good!

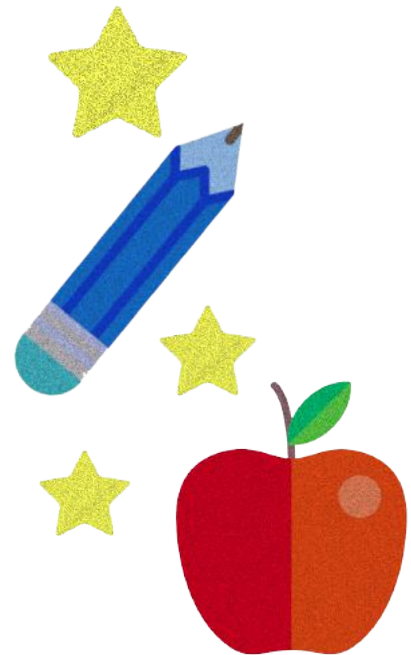
We have listed some activity suggestions in this booklet - give them a try and see what works for you. For more suggestions from other young people, visit the [Anna Freud Centre's self-care pages](#).

These activities are designed to help improve your mood. If you feel like you need more help, please talk to a trusted adult or [use the AFC Crisis Messenger](#).

Everyone has mental health.

Talking almost always helps.

Listening always helps others.



Activity one - music & moving

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet.

When you feel like you need a distraction or a boost, put on your playlist and start to dance.

The combination of uplifting music and physical activity should trigger a positive response in your body. Why not try *Happy* by Pharrell Williams or *Electric* by Katy Perry?



My five favourite songs to dance to are:

1

2

3

4

5



Activity two - mindful moments

Being mindful means being aware of what is going on around you and how you are feeling.



Taking a few moments in your day to be mindful can help to calm your mind. You could focus on an everyday activity more mindfully, or use a guided activity like the one below.

Using the senses

There are five senses - seeing, hearing, smelling, touching and tasting. Not everyone can use their senses in the same way. Have a look at the lists below and focus on the senses that are most important to you, and notice:

You can find other guided mindfulness activities on [Mentally Healthy Schools](#) or apps like [Headspace](#).

5 things you can see

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

4 things you can hear

- 1.....
- 2.....
- 3.....
- 4.....

3 things you can smell

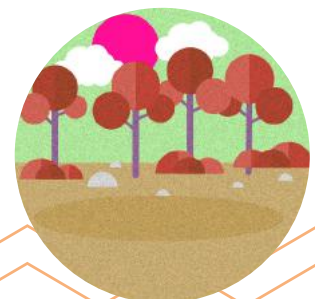
- 1.....
- 2.....
- 3.....

2 things you can touch

- 1.....
- 2.....

1 thing you can taste

- 1.....



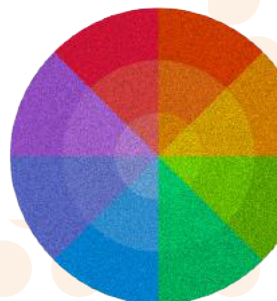
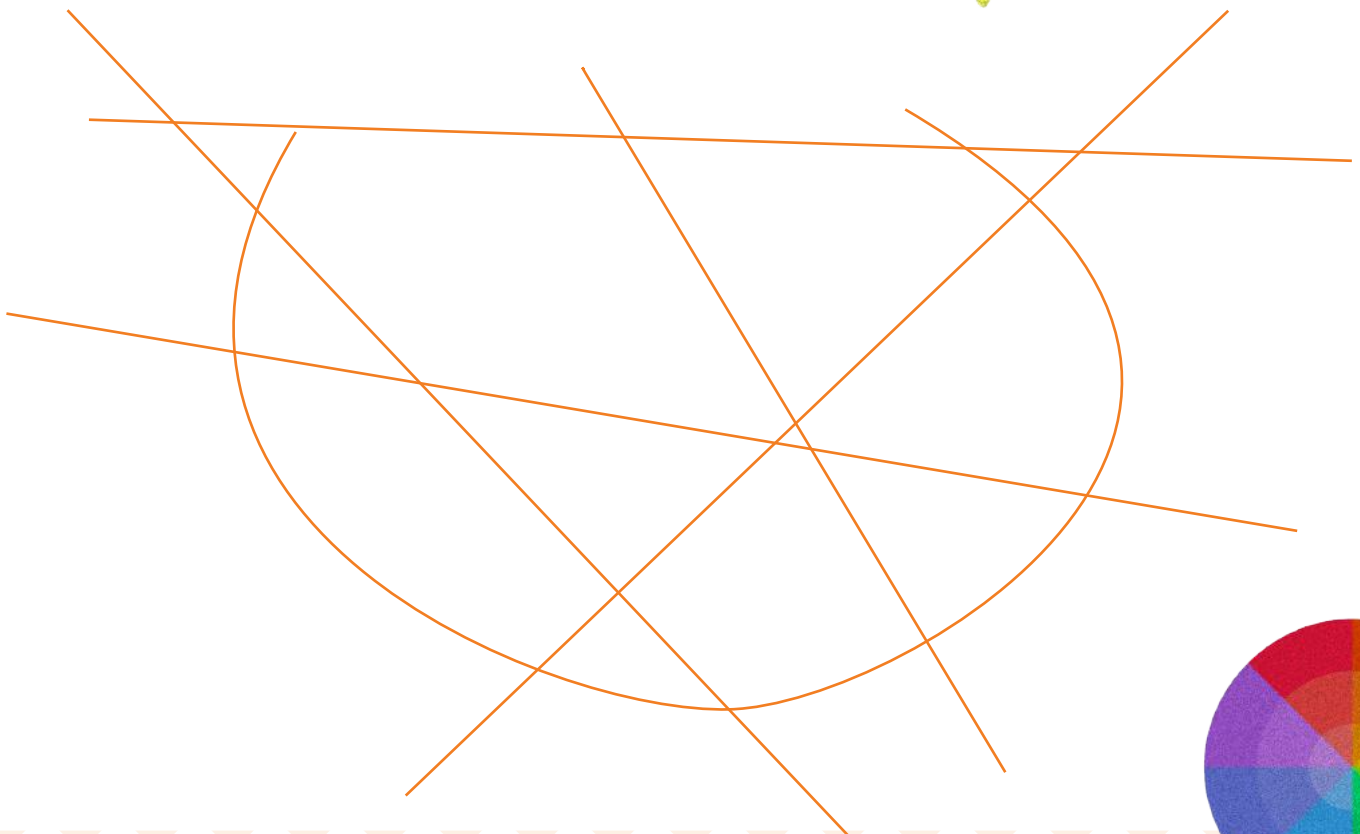
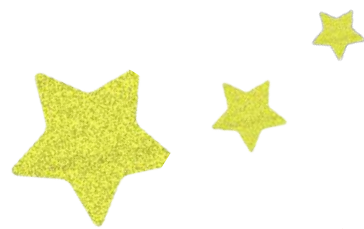
Activity three - get arty

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. Arts and crafts are a great way of doing this and there are activities to suit everyone. You might want to try sewing, knitting, cut and stick mosaics or simple origami.

Below is a simple drawing activity for anyone to use - all you need is paper and colouring pencils or pens although you can use chalks, crayons or paints if you prefer.

Take a blank page and draw six to eight lines on the page, dividing it into a number of sections. These lines can be straight, curved, wiggly or zig-zagged as you prefer. Then try to fill each section with a unique and colourful pattern, this can be as simple or intricate as you like. Take each section in turn thinking carefully about the pattern and filling the whole section. At the end you should have a colourful page full of different, fun and interesting patterns.

Colour in the lines below...



Activity four - the power of positivity

Sometimes we remember the negatives more than the positives. At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low.

To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box.

These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'. You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down.



Write 10 positive things about yourself below....

1.....

2.....

3.....

4.....

5.....

6.....

7.....

8.....

9.....

10.....

My self-care plan

Activities to try :

1.....

4.....

2.....

5.....

3.....

6.....

Which self-care activities work best for me:

1.....

4.....

2.....

5.....

3.....

6.....



My self-care plan

I found that my favourite activity was...

Before I completed the activity I felt...

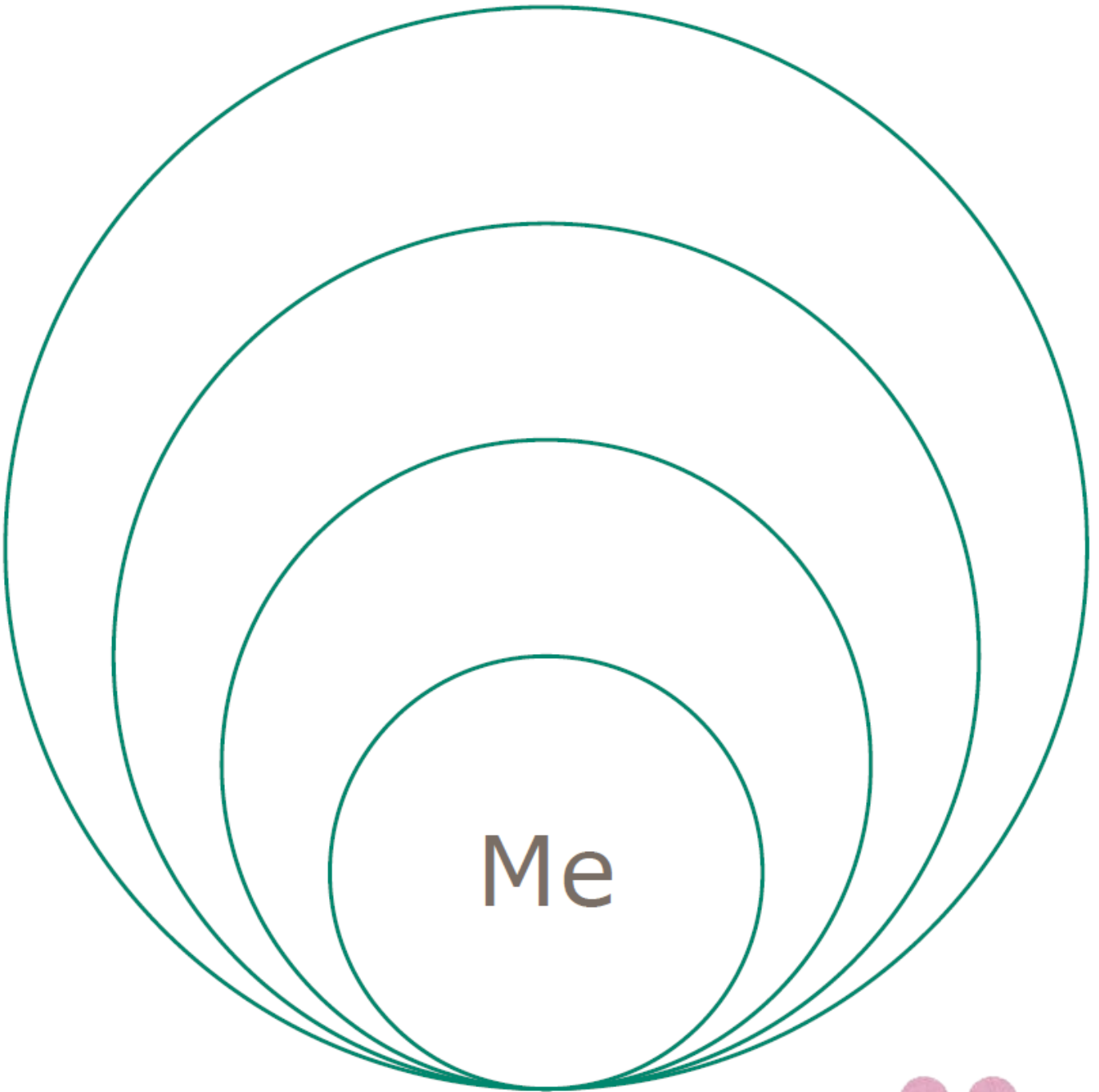
After I completed the activity I felt...

Another idea I could try is...



My circle of support

You can fill these circles with the names of people who you can talk to if ever you feel worried, sad or anxious. This might include your friends, family, your teacher and even your pet!



Twenty-five creative challenges for you to try

1. Draw a picture of something that makes you laugh or smile.
2. Try to juggle with three pieces of fruit.
3. Spend a day wearing your favourite colour.
4. Write a thank you note to someone who has been kind to you or helped you.
5. Decorate eggs to look like your favourite animal.
6. Learn to make an origami butterfly.
7. Find out what song was number one your last birthday and perform it!
8. Learn how to say hello in ten languages.
9. Make a show with sock puppets.
10. Make some flowers out of paper to decorate your house with.
11. Learn a magic trick with playing cards.
12. Write a short story for your favourite cartoon character.
13. Recreate a scene from your favourite film to share with friends.





14. Make a robot out of empty cardboard boxes.
15. Create a dance routine to your favourite song and challenge others to learn it too.
16. Try to make animal shadow puppets with your hands.
17. Find five things in your home that are blue.
18. Make a boat that can float in the bath with you.
19. Create jewellery out of pasta.
20. Ask someone to hide five items around the house and then give yourself five minutes to find them all.
21. Have a paper plane throwing contest.
22. Create your own jigsaw puzzle.
23. Learn how to spell your name in British Sign Language.
24. Create a hope box of things and items which make you smile.
25. Become a superhero. What would your superpowers be? What would your outfit look like?

You can try these activities whenever you're feeling down or bored. See which ones you enjoy the most and try them again if you like them or try the next one.

These activities have been adapted from [Playing House](#), a lockdown creative series, by artist Sam Furness.

Where can I find support?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisations which offer 24-hour support by text, email and phone on our [urgent help](#) page or below:



childline

Call: 0800 1111
[email](#) | [online chat](#)

SAMARITANS

Call: 116 123
[email](#) | [write](#)

Emergency Services

Call: 999



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**Feeling worried or upset?
Need someone to talk to?**



Text AFC to 85258

Text the free crisis textline

All texts are answered in private by trained volunteers,
with support from experienced mental health professionals