

Self-Care



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Self-Care

Make time for the things you enjoy and that interest you.



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Self-Care

Recognise all the wonderful things about yourself.



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Self-Care

Learn and grow when things don't quite go to plan.



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Self-Care

Make choices which keep you safe, well and happy.



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Self-Care

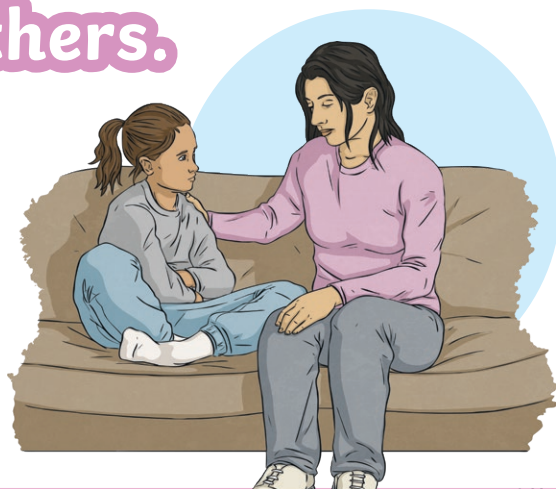
Bring nature into your life in any way you can.



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Self-Care

Be honest with yourself and with others.



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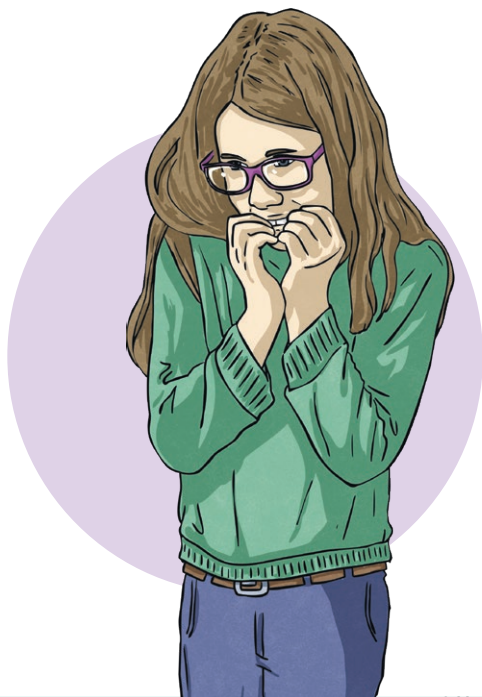
Recognise what you are feeling and why you might be feeling that way.



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Self-Care

**Remember,
however you
are feeling
is OK.**



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Self-Care

**Share any
uncomfortable
feelings with
someone
you trust.**



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Self-Care

**Really pay attention and
take time to notice where
you are, what you are
doing and how you
are feeling.**



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Self-Care

**Make a little bit of time
each day to rest and relax.**



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Self-Care

Get the right amount of good quality sleep for your age.



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Drink enough water.



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Self-Care

Eat foods as part of a balanced diet which help your mind and body to feel good and stay well.



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Self-Care

Make choices which help to keep your mind and body healthy and feeling good.



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