

Part 1

For Young People

Self-Care

book of

The little

Self-care are thoughtful activities we do to look after our own mental & emotional health.

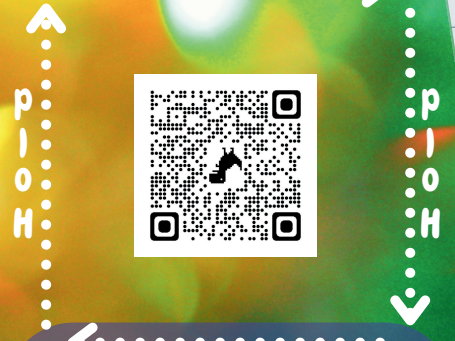
These little choices can make a big difference. The good news is the more we practice self-care the more skilled at it we become.)

SCAN QR CODES WITH YOUR PHONE CAMERA TO OPEN THE LINK Or click the QR box if online



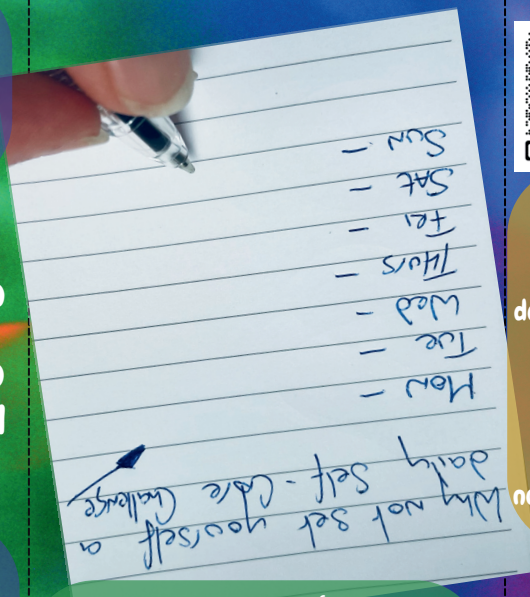
If you are feeling anxious or overwhelmed this breathing exercise could be really helpful!

Exhale



Inhale

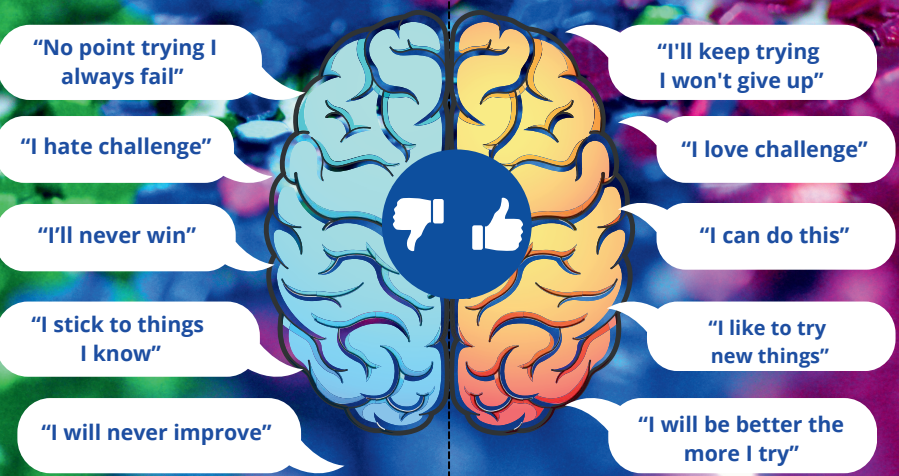
**MemoryMemo**  
Happy memories can make us feel good! Why not think about a past or recent memory you have and write it here for a positive memory boost:)



Challenge yourself by planning your own daily self-care activities.

Self-Care Challenge

**Growth & fixed thinking**  
Its never too late to change our mindset. Don't give up when things are hard to do. Practice positive thinking, try new ways and you will improve!

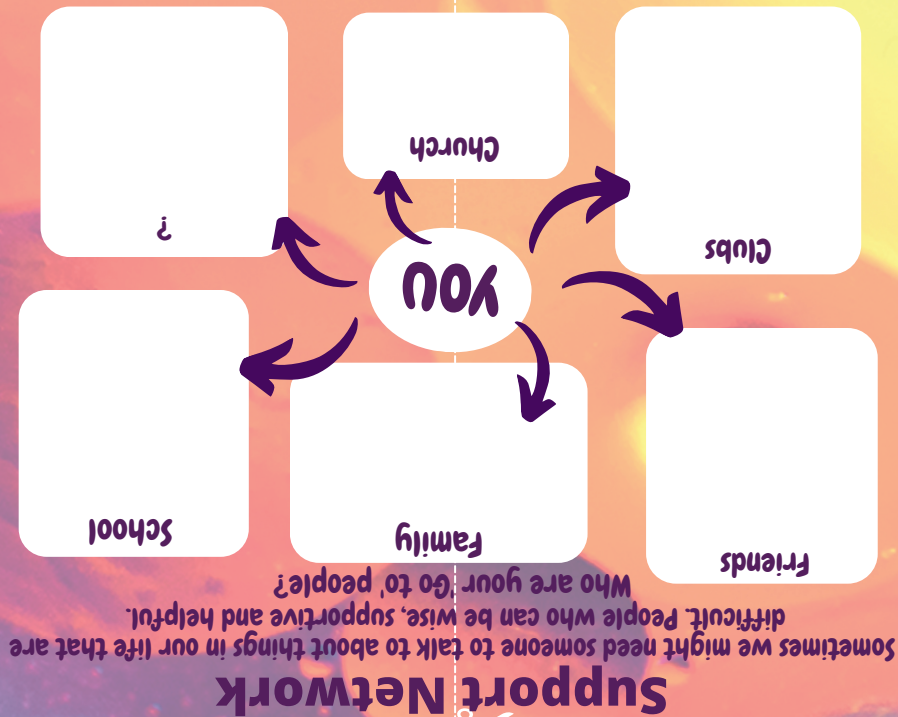


Some self-care ideas from other young people

"The most important thing in life is to stop saying 'I wish' and start saying 'I will.'"  
Charles Dickens  
"Almost everything will work again if you unplug it for a few minutes, including you."  
Anne Lamott

Here are some words of wisdom quotes that may inspire you





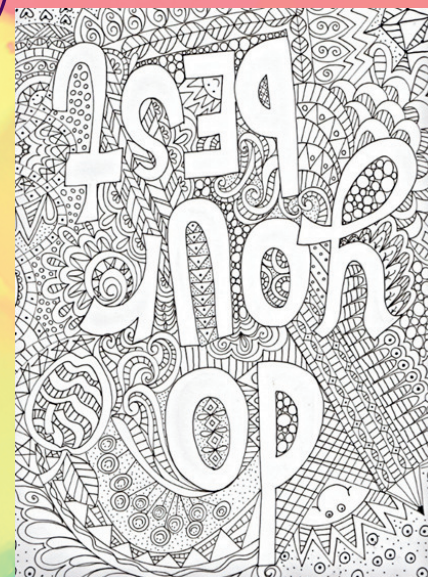
## MoodMusic

We know how powerful music can be to effect our mood - Feels FM is the world's first emoji powered jukebox for young people, to promote music as a positive coping strategy to deal with feelings. Why not try it out!



## ColourMe

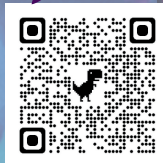
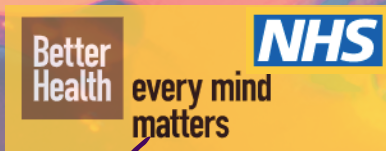
Colouring in can relax a part of the brain that deals with fear and stress and really helps us to become calm and chilled.



## Feelings First Aid Kit

There are lots of things that we can do to help us cope with our feelings - here are some suggestions, add others and develop your own kit!

- Listen to music
- Thinking positive thoughts
- Go for a walk or a run
- Play with a pet



## Youth Wellness Web



How to cut & fold



# The little book of Self-Care

For Young People  
Part 2

