

Self-care 7 day menu.

Self-care is so important and simply involves you doing things you like to do that are good for you!

Why not set out the next 7 day menu.
Write 7 things you will do to make you smile 😊

- Follow the QR link to get some ideas from other young people,
- or just make up your own



7 day
Self Care Menu

Mon _____

Tue _____

Wed _____

Thur _____

Fri _____

Sat _____

Sun _____

Using the QR code – with a smartphone

Open the Camera from home screen and place the QR cube in the viewfinder and tap the notification.
If this doesn't work then download a free QR reader app and follow the instructions.
(Ask an Adult for permission & Help)

Help!

Signs You might need more Help

We all have our own ways of coping when something terrible happens to us.

Sometimes we may need more help from other services that are trained to do just that.

Not having anyone to talk to about your feelings

Not coping with your feelings or behaviours.

Moving on with life is too hard

If after a few weeks you still feel any of these, please talk to someone in your school or someone you trust who will be able to get you the help you need!

If you want to find out more about mental health then follow the QR link (get an Adult to help)



If you feel you need help right now

If you prefer to talk using text then this service could help
(Free from all major networks)



As a child or a young person sometimes sad things happen



There are things you can do to help yourself cope.

When feelings become difficult to deal with its important to know who you can talk to - fill in the people who support you below

Support Network

School

?

Family

Church

Friends

Clubs

you

At times you can experience difficult events in life. When someone you love or care about dies or is seriously hurt you can have feelings that are difficult to deal with.

Feelings may include shock, numbness, sadness, fear, guilt, despair, guilt, depression, relief, anger. often it can seem like we jump from one feeling to another.

These feelings are normal and will change over time
Here are things that you can do to help!

Starfish breathing



Use the pointer finger from your other hand to trace the hand (Starfish) as you breathe. Start at your thumb, and as you breathe in, trace up your thumb to the top. Inhale deeply and then as you move down the inside of the thumb exhale. Do this for all fingers you can then repeat from the little finger back to the thumb.

QR link example



Feelings First Aid kit

What things are in your emotional kit - what other ideas have you?

Positive Thoughts

Talk to someone

Eat well Sleep well

Its Ok to not be Ok

Self Care

Write your own ideas

