



Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected.

Most of us will know what it's like to feel worried, stressed or low

understandable.

it's okay to ask for help.

[AFC Crisis Messenger.](#)



What is self care?

after our own mental health and wellbeing.

1. on **On My Mind**

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Here are some ways people describe self-care:

"Something that refuels us, rather than takes from us."

"Eating well and getting enough sleep"

"Something you enjoy that allows you to escape whatever is troubling you. Make sure you do at least one thing you like every day."

about knowing what we need to do in order to take care of ourselves. I don't take enough care of myself, I won't be

"You need to plan self-care. It won't just happen. Set some time aside to make a short plan."



Planning for self care

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Physical activities

1. Eat a healthy diet

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Emotional activities

1. Develop friendships that are supportive

"Being with people who make you feel confident and good about yourself can really boost your mental health. Having a laugh really helps me to feel happier."

Read more about

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2. Be kind to yourself

"Self-kindness won't necessarily stop your thoughts or feelings from

Practical activities

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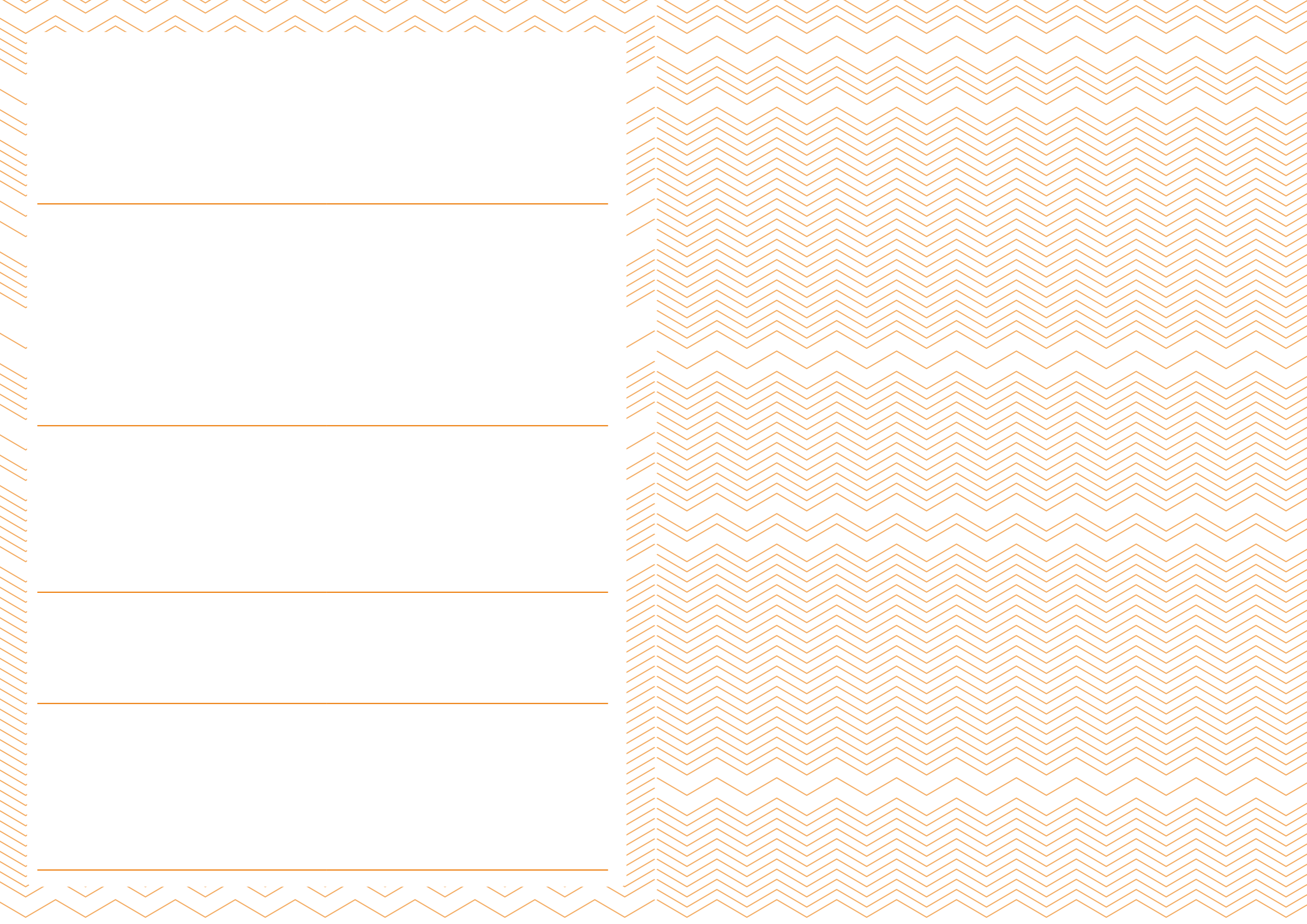
1. Organise your day

"Writing a list and organising yourself will help to prevent stress. I like to write all of the big things I have to complete on a piece of paper and it makes them feel so much smaller."

2. Try to get showered and dressed each morning

"It gives you the best foundation to feel good...little things you sometimes forget to do when you're feeling bad...Dunk enogo ð feel gooa T com





Where can I find support?

Do you need help right now?

0800 1111
116 123
999

or below:

chilaine

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

SAMARITANS

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

Emergency Services

Call: 999



Anna Freud
National Centre for
Children and Families

STREET
for support in crisis

In crisis? Need support?



Text AFE to 0800 335 335

Text the free, anonymous crisis textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists