

# Welfare Awareness Topic: Self-Care

**Overview** – *Self-care is the practice of helping yourself feel better and finding ways to look after your own mental health and wellbeing. Remember, there are many different self-care strategies, so what works for you might not work for someone else. Self-care can be broken down into 4 categories: physical, emotional, social and practical.*

Create a plan for self-care: in doing so, you will be able to identify activities that help you feel better, and you can adapt your plan if it isn't working for you! Break it down into the four categories, and try and do a self-care strategy from each category. **Here are some of our top self-care strategies to look after your health and wellbeing:**

**Physical:** this involves activities which can improve your physical health like your diet, exercising and the importance of sleep. Eating a healthy diet, taking time away from technology, relaxation techniques like yoga, exercising regularly for 30 minutes, or even dancing all help with your physical wellbeing, and have a positive impact on your headspace.

**Emotional:** This means caring for your emotional needs, identifying your feelings and nurturing them. Developing supportive friendships, being kind to yourself, having self-compassion and talking to friends about your feelings can all help with improving emotional self-care. Try writing down three positive things that you did each day, to help manage difficult thoughts or feelings.

**Social:** Social self-care is about taking part in social activities that might support you if you are feeling low, and finding a balance between social and personal time. Talking to friends about how you are feeling or finding an [online support group](#) can be helpful if you are feeling down. Doing activities you enjoy with friends, like creating a mood lifting playlist, taking part in challenges like photography, or doing art together can also improve your wellbeing.

**Practical:** Practical self-care is about completing tasks that achieve essential functions of your daily life. Organizing your day, maintaining personal care and hygiene, and setting goals for your future all help with practical self-care. If you are worried about studying, create a study timetable to help keep you on track. If finances are getting you down, create a budget plan and try stick to it! Simple activities like these can help you stay on track with daily life, helping you stay stress free.

## Article/ source / Find out more

- Every Mind Matters has a [Self-Care tool](#), you can build a self-care plan, with tips to help you with stress and anxiety, improve your sleep, boost your mood and feel more in control.
- The NHS has advice on [self-care](#) and how to ensure we are taking the time to help ourselves,
- The Anna Freud Centre has over [90 different self-care strategies](#) on their website that you can try, as well as advice on the different types of self-care.
- [The Mix](#) have advice about [self-care online](#), advice on [sleeping](#), and other self-care strategies. They have a free confidential telephone helpline and online service that aims to find you the best help, whatever the problem. Stonewall have [resources on wellbeing](#) to help those from the LGBTQ+ community.
- [Shout 85258](#) provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope.

## Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: [safeguarding@bpp.com](mailto:safeguarding@bpp.com)