



More

Are you K?

Youth Zone

- Shower and wash your hair
- Put on clean clothes
- Do your hair
- Put on makeup/aftershave
- Drink water
- Eat something healthy
- Read a book
- Talk on the phone to someone
- Go for a walk
- Do some exercise
- Do something creative
- Laugh
- Make a 'to do' list
- Get enough sleep

Self-care is important!

Self-care means: YOU looking after YOU!

Look at the list ←. How many of these things are you doing every day to look after yourself?

These small things will help you feel better if you do them every day.

On the next page is a planner. Having a 'to do' list will help you feel in control of your life. When you look at your list and see what you have completed at the end of the day you will feel like you have achieved something.

Your list doesn't need to include anything 'big'. Just stuff like: 'tidy my room', 'ring my nan', 'eat an apple'.

If you love to plan – you could even make a weekly planner?

HOW ARE YOU?

Get a FREE personalized health score when you complete this 10 minute quiz.

<https://www.nhs.uk/oneyou/how-are-you-quiz/>



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T**🐰**DAY will be a G**🐰****🐰**D DAY

T♥d♥list

Ideas, Dreams & Plans

Blank space for writing ideas, dreams, and plans.

Appointments & phone calls

Blank space for writing appointments and phone calls.

Daily d♥♥dle

Blank space for a daily doodle.

My treat when I get this done

Blank space for drawing a treat.



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