

Self-care summer

for
secondary students

#SelfCareSummer

Relationships and connection

Spending time with trusted people, like friends and family, is important for your wellbeing. Whether it's a listening ear, shoulder to cry on or advice, we all need someone we can turn to.

Week 1

Resource

Play and entertainment

Playing might not seem important for your wellbeing but it can help you explore your thoughts and emotions, escape from reality or simply to relax and have fun.

Week 2

Resource

Relaxation

We can often find ourselves being busy with plans but remember it's okay to pause, take time for yourself, relax and recharge.

Week 3

Resource

Physical activity

Keeping active can positively impact your mood and wellbeing, and you can do it your way, whether it's dancing, sports, going to the gym or simply going for a walk.

Week 4

Resource

Creativity

Finding ways to be creative can be an opportunity to express yourself and focus on the present moment. This could be through acting, cooking, drawing, writing or making music.

Week 5

Resource

Emotional health

Practicing self-kindness is not always easy but being your own best-friend, however this might look, is important when looking after your mental health and wellbeing.

Week 6

Resource