

SEVENOAKS PCN

Newsletter for Parents



Theme: Self-care week



Self-care isn't one size fits all.

It's simply taking moments for yourself so you can feel more grounded, especially when life feels overwhelming. For some, it might be a warm bath or a quiet moment; for others, it could be doing an activity that lifts their mood, or making sure they eat and sleep well during stressful times.

At its heart, self-care means paying attention to how you're feeling and giving yourself what you need

**It's less about
what you do and
more about how it
helps you**

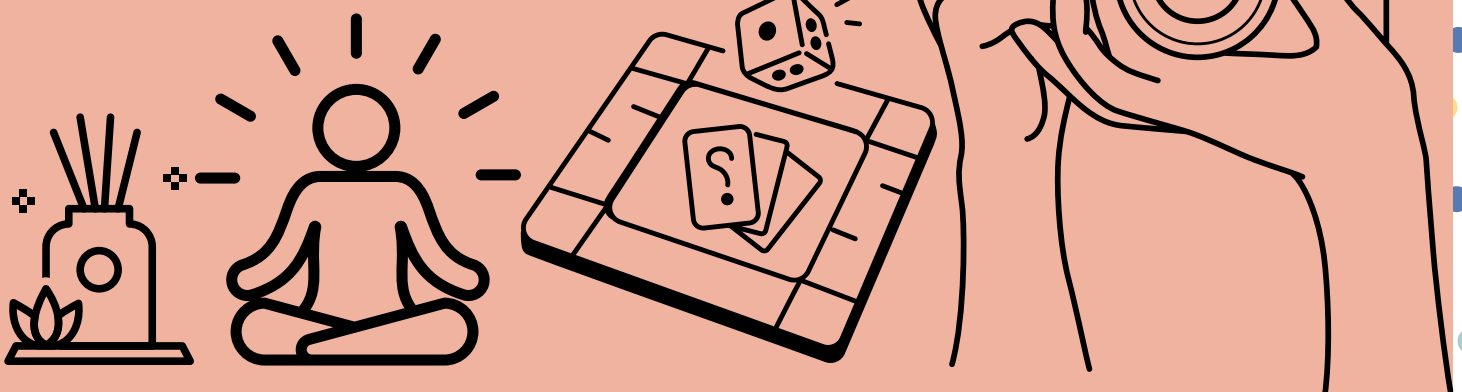
**See the next pages for
tips on how to look after
your mind & body**

**Self-care isn't one
thing - it's your
thing**

Mind Self-Care

Self-care for the mind helps reduce stress, supports emotional balance, improves focus and clarity, boosts your mood, and strengthens your ability to cope with everyday challenges.

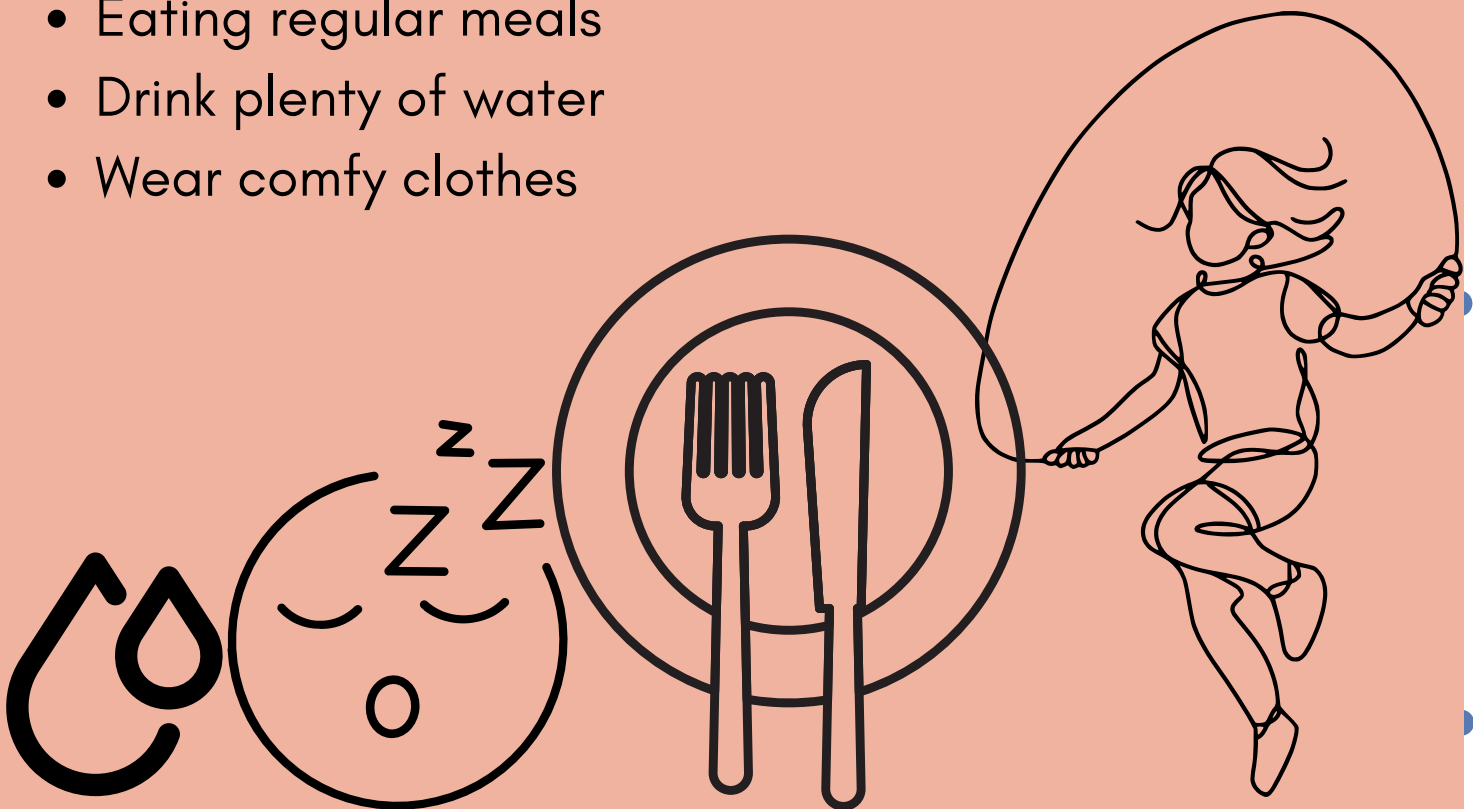
- Meditation and mindfulness –
<https://www.barnardos.org.uk/get-support/support-for-young-people/mental-health/looking-after-yourself/meditation-mindfulness>
- Journaling
- Drawing, photography, painting, creative writing
- Getting out into nature
- Reading a good book
- Listen to music, podcasts or audiobooks
- Aromatherapy
- Board games with friends or family



Body Self-Care

Self-care for the body helps keep you healthy, boosts your energy, reduces stress, improves your sleep, strengthens your immune system, and supports your overall wellbeing.

- Heat racing exercise: dancing, running, skip rope
- Gentle exercise: walking, yoga, stretching, Pilates
- Bath or shower
- Brushing your teeth
- Good night's sleep
- Eating regular meals
- Drink plenty of water
- Wear comfy clothes



Signposting

- **Calm Zone**

<https://www.childline.org.uk/toolbox/calm-zone/>

- **Every Mind Matters** <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

- **Self-Care Techniques**

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>

- **Finch App** <https://finchcare.com/>

