

Self-Care Top Tips



Set achievable goals and work hard to accomplish them. It is good to have a short-term goal and a long-term goal. For example, I will practice my spellings so that I can get at least five out of ten correct and in a month's time, when I will have practised more, I will get seven out of ten or above.

Be kind to yourself. There will be times when you feel sad or worried. Being kind and giving yourself time to relax and do the things you love will help you deal with these negative feelings.

Eat well and look after your body. Give your body what it needs: plenty of fruit and vegetables, water and healthy food.

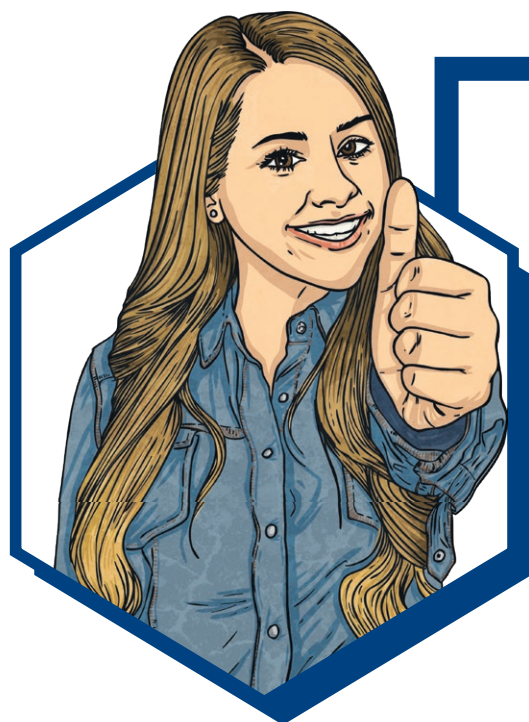
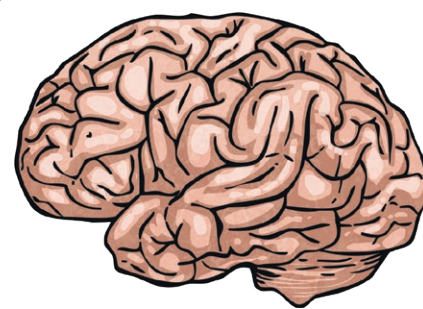


Don't give up. If some things are difficult, then keep trying. The accomplishment you will feel after putting in the extra effort will be worthwhile. If you don't achieve your goal straight away, you will learn valuable lessons that you can use next time. This will also help you to build resilience and increase your determination.

Take some time to relax. Take time to do all the things you love and enjoy. Make sure you keep up with your hobbies.

Try and learn something new every day. Listen to other people and what they have to say. You can learn something new even as an adult.

Make sure you rest and get plenty of sleep. It is important to try and keep the same bedtime each evening and wake up at the same time in the morning. This can help your body get into a good sleep routine, which will help you to feel rested and energised the following day.



Be enthusiastic and positive. Be your own cheerleader and encourage yourself to be the best you can be. Understand what you need from yourself and what you need from other people.

Create and keep a balance in your life. Balance your schoolwork with your social life. It is important to have fun, socialise and enjoy your free time, but it is also necessary to work hard, complete homework on time and be prepared for school.