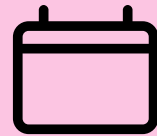# MENTAL HEALTH
SELF-CARE STRATEGIES

SCHEDULE YOUR ACTIVITIES

If you struggle to get everything done in a day, make a timetable for three tasks you'd like to achieve that day. It's important to plan and set goals!
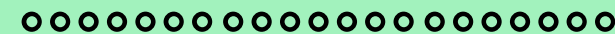
## STICK TO YOUR SET HOME LEARNING HOURS

Don't overdo it!
Set boundaries and learn that saying "no" or "I'll try this again later" is not admitting failure. Everyone has lazy days in their jammies - and they're awesome!

PERSONAL CARE

Make sure that you do what's important to you, and not let home learning consume you. This will help you not feel resentful towards yourself and school work.
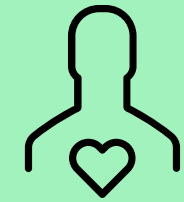
PHYSICAL HEALTH

If you think you don't have time, you do: Prioritise your health above all else.
-Eat healthy, regular sleep, exercise, regular medical care, enjoy physical comfort like cuddles and holding hands with a family member.

MEET OTHERS HALFWAY

Compromise, and your life will be a lot easier. Practice forgiveness. Smile and take comfort in being able to positively influence someone with your growth mindset!

LIMIT YOUR SCREEN TIME

This is a tough one; it is, however, very rewarding. Life online is not always as dreamy as it seems. When it stops being fun, take some time off. The online world won't change much overnight!

DO WHAT YOU LOVE

Spend time with family. Learn a new skill. Read a book. Sing or dance. Laugh. Making time for friends. Explore a hobby. Spend time in nature. Cuddle with your pet. Connect with your faith.

PUT YOURSELF FIRST

Take time for self-reflection. Keep a diary. Meditate. Reflect on who you are and what makes you special. Be KIND to YOURSELF - because you're so worth it!