



Self-care

It can be hard to know how to look after yourself sometimes. Lots of people are talking about 'self-care' at the moment, but what is it?

What is self-care?

Self-care is about actively taking care of yourself.

It allows you to give yourself a break and focus on your health, your needs and your wants.

It is, most importantly, not selfish. It's important!

Why do I need to do it?



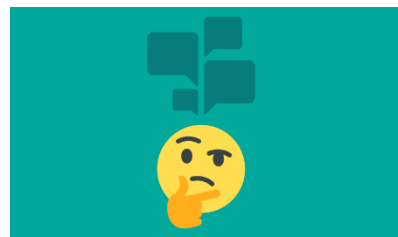
We can all feel pressures at times. This can make us feel a bit stressed or anxious or overwhelmed.

This could be pressure from what is going on at the moment, like not being able to do the things we like doing. It

could be pressure from friends. It could be pressure from hearing things on the news. We might be helping to look after someone else. We might be really tired. Sometimes we just have a 'bad day' and don't even know why. Sometimes we can let pressures build up and we forget we need to look after ourselves.

How Do I Do Self-care?

Self-care should be practised by everyone to keep happy and healthy.



Self-care is totally individual and personalised (like everything we do at College). You just need to find out what you enjoy and what keeps you feeling stress-free.

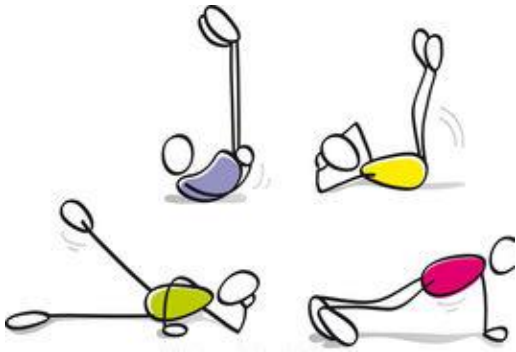
Here are just some ideas of ways you can take care of yourself.

Be kind to yourself:

This is the most important one that should be on everyone's list. Give yourself a break. You're allowed some time to yourself to relax and recharge, and shouldn't feel guilty or selfish for looking after yourself. You are important.



Exercise:



Keeping active is great for making you feel good. Choose something you enjoy. This could be dancing, trampolining, walking or cycling, for example. One of the FE students has been enjoying boxing with a punch bag! Do whatever you enjoy best.

Go outside:

It might be tempting to stay in bed all day when you're having a bad day but getting yourself outside, even for 10 minutes, will give you some fresh air and can make you feel better.



Enjoy some rest:



However, it's also important to rest. After a busy day, or if you are feeling tired, maybe watch some favourite films, or a box set. Being over tired can make us feel 'cranky'. Sometimes a nap is good to recharge us.

Eat well:

It's easy to want to eat junk food, especially if you are feeling a bit unhappy, but remember, eating well is really good for you and can make you feel better. (There's nothing wrong with a bit of chocolate or some fast food at times though!)

Have a bath:



Baths are less common these days. Lots of people have showers as they're quicker, easier and more convenient. A long soak in the bath can be good for some relaxing self-care, however, especially if you add some bath bombs or bubble bath that you really like. Lots of FE students really enjoy using nice smelling products such as perfumes, aftershaves and body sprays to make them feel good.

Create a self-care playlist:



Maybe you could create a self-care playlist to listen to when you need some 'me-time'? Maybe some calming music, or motivational songs, or songs from your childhood. Anything that makes you feel good. You might enjoy singing along to them or dancing, (or both!)

Get creative:

Getting stuck into creative activities can keep your mind focused and productive, whilst still keeping you chilled. It could be mindfulness colouring, or gardening or baking, or art. Basically anything that you enjoy and feels fun to you.



So what's next?



Remember, it's important to look after yourself so that you stay happy and healthy.

This week, try to do at least one thing every day that is your way of practicing some self-care.