

Give yourself a break

We're going to ask you to spend **5 minutes** to think about YOU

Taking time for yourself isn't always easy, most of us are really busy at work and at home, or are too consumed with technology. So how do we add a little bit of self-care into our daily lives?

As they say on the safety announcement when taxi-ing on a flight, 'put your own oxygen mask on before helping others'. Giving yourself a break is exactly that. Before you make a start, it's important to think about the following:

Look for small ways to get off to a good start:

- **First thing in the morning** - try waking up 10 minutes earlier to have a cup of tea to gather your thoughts for the day
- **Look in the mirror** - say 'I am brilliant and those who know me agree!'

Find Support

The NHS self care toolkit - www.nhs.uk/planners/yourhealth/documents/self%20care%20toolkit%20booklet%20-%20oct%2010%20-%20read.pdf

Self care for young adults - www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/

Feel good positive mindset - www.nhs.uk/apps-library/feeling-good-positive-mindset



Try these short activities every day



- **Note down your thoughts** - just 5 minutes a day to help notice your thoughts and feelings will help you relax as well as problem solve and release tension
- **De-clutter** - tidy up 3 things about your place of work or at home to help lighten your mood
- **Embrace your childlike self** - do something you enjoyed as a child but haven't done as an adult. Get muddy, splash in puddles, sing, dance around the room like nobody is watching
- **Learn to say no** - it's often a hard thing to say, but saying yes to everyone all of the time can make you feel anxious and irritable. Say YES to self-care instead!



You are so worth
5 minutes and more.....