



How are you handling self care?

A LESSON FOR HIGH SCHOOL STUDENTS

Brought to you by the Prevention Department at



THE COUNCIL
ON RECOVERY

What is self care?

Making sure you are taking care of yourself physically, mentally, and emotionally when things are challenging, difficult, or changing. Someone may feel overwhelmed, scared, stressed, or lonely.

Self care is important for your overall physical and mental health especially during times of uncertainty. It's important to do an activity that helps your body and mind.



Example:

Currently, COVID-19 is taking a toll on people's mental health, and daily routines. Many individuals are undergoing changes and challenges.

Adolescents may feel overwhelmed and stressed due to online learning, as many may not be accustomed to sitting for long periods of time.

Adolescents at home may feel lonely due to the lack of face to face interaction with friends or worried about what the future may look like after this pandemic is over.

One thing to know is that during this difficult time, you are not alone during these hard times. Resources are available to you and your family to help during these difficult times.

What can you do for self care?

Self care can help you take a break and relax. When someone does not practice self-care, a person can feel burnt out, have negative feelings, or initiate angry outbursts. Some may lose hope or give up on things they love doing or are trying to accomplish.



When someone does not practice self care, they are most likely to negatively impact their physical, emotional, and mental health.

There are many tips you can do for self-care to help you.

Go for a walk/jog

It's a good idea to get some fresh air and do a physical activity for 30-45 minutes. Being in a different environment can help you take a different perspective on what is going on.



Paint or Draw

Draw or paint a positive image or write an inspirational quote. This can also help take your mind off of things for a bit and focus on the art.



Read a book

When you feel like reading something different, read one of your favorite books you haven't read in a while or talk to someone for a recommendation.



There are many tips you can do for self-care to help you.

Cook or bake

Try those recipes you have been sharing on Facebook and Instagram that you have been wanting to try. Doing something that doesn't involve technology may help some individuals.



Talk to someone

For some individuals talking to someone about any concern helps. Talk about a topic that you have in common with that person.



Watch a movie

Watch one of your favorite movies.



IT'S IMPORTANT TO **LISTEN TO YOUR BODY**. IF YOU FEEL YOU NEED A BREAK, TAKE IT AND SET UP A SCHEDULE. TALK TO YOUR FRIENDS, FAMILY, OR A TRUSTED OLDER ADULT.

REMEMBER, IT'S OKAY TO ASK FOR HELP!



Self-care Resources:

<https://www.unicefusa.org/stories/parenting-tips-helping-kids-deal-coronavirus-anxiety/37267>

<https://www.health.harvard.edu/blog/6-self-care-steps-for-a-pandemic-always-important-now-essential-2020041619563>

<https://www.psychologytoday.com/us/blog/skinny-revisited/201805/self-care-101>

<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

