

LET'S TALK: SELF-CARE AND RELAXATION FOR STUDENTS

Self-care can be described as any action that you use to improve your health and wellbeing.



Practising self-care helps us to keep our roots strong and enables us to cope with the demands, stress and pressure of everyday life. Self-care energises us, recharges our batteries and ensures we prioritise our own health and wellbeing.

SELF-CARE CAN MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE

- Think about what makes you feel good?
- What brings you joy?
- How can you incorporate the 5-a-day into your self-care routine?
- Are there 5 things you can pick from this list to try?

CONNECT	BE ACTIVE	TAKE NOTICE	KEEP LEARNING	GIVE
Spend time with friends	Play ball with your dog	Take a walk in the woods/on the beach	Try a new hobby	Cook your family dinner
Have a no phone zone/hour	Do an activity you enjoy	Listen to the sounds of nature	Read up on current affairs	Cut a neighbour's grass
Arrange a family game night	Dance to your favourite song	Do a 5 minute relaxation exercise	Learn a new recipe	Do something kind



Scan to watch the 5-a-day animation

DROP YOUR ANCHOR AND CHECK IN WITH HOW YOU'RE FEELING

- How is my day going?
- How am I feeling right now?
- Is there something I need right now?



TYPES OF INSTANT GROUNDING TECHNIQUES

While grounding does not solve the problem, it can provide a temporary way to gain control over your feelings and prevent things from getting worse. Grounding anchors you by giving you the space to calm your thoughts. Grounding can be done anytime, anywhere, and no one has to know.

Mental grounding - try and focus your mind by:

- Spelling your full name backwards, including your middle name
- Describing an everyday activity in detail
- Visualising your favourite place
- Reading something, saying each word to yourself.



Physical grounding - focus your senses by concentrating on your surroundings, try and identify:



SELF COMPASSION - BEING KIND TO YOURSELF

- Use kind statements about yourself, as if you were talking to a friend
- Think of your favourite things: colour, animal, food, time of day, TV programme
- Remember/read inspiring song lyrics, quotes or poems
- Plan a treat: a bar of chocolate, a bubble bath, time with a friend, going to a movie or on a hike.

"I can do this"

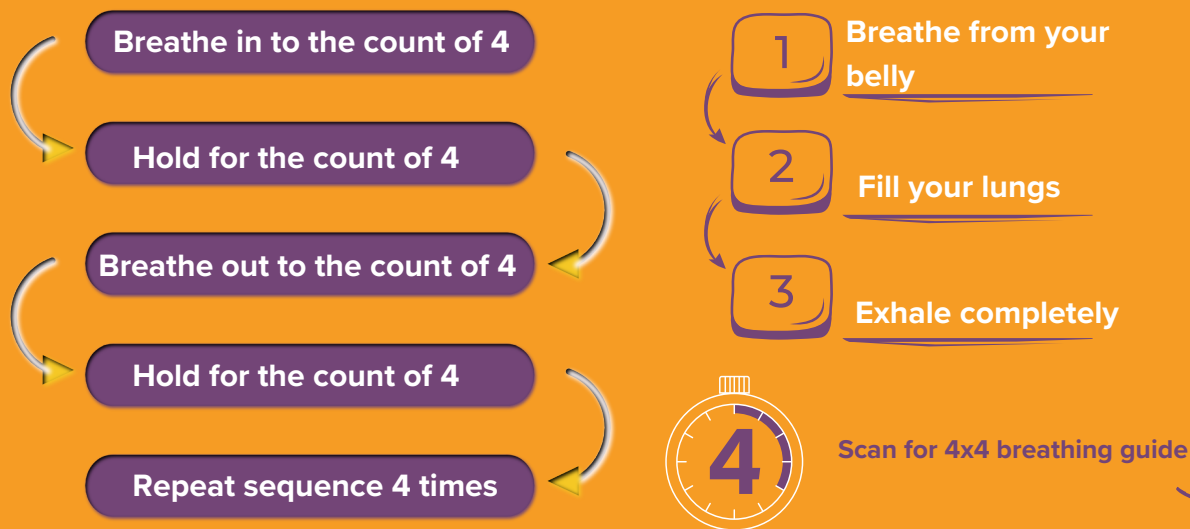
"I am a good person going through a hard time."

"This will pass"

! "A person who never made a mistake, never tried anything new" - Albert Einstein

RELAXATION TECHNIQUES

Deep breathing from the belly, as opposed to shallow breathing from the lungs, signals to your brain that you are relaxed. The brain tells the body to relax and you start to feel calm.



VISUALISATION

Sometimes it can be very calming, and provide instant relaxation, to simply visualise yourself somewhere else for a few moments. Think of a place that relaxes you, where you feel free and happy. Let's use the example of lying on a sunny beach on holidays. Take 5 minutes to:



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