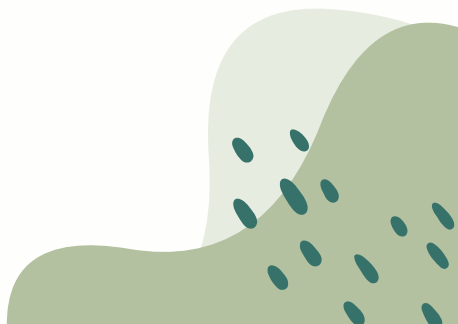





# Self Care

Everyday tips and activities to  
support good mental health





Taking care of yourself is important for your mental wellbeing.

Inside this booklet are ten simple tips and activities that can help to improve your mood and your health.

Self-care looks different for everyone so find what works for you.

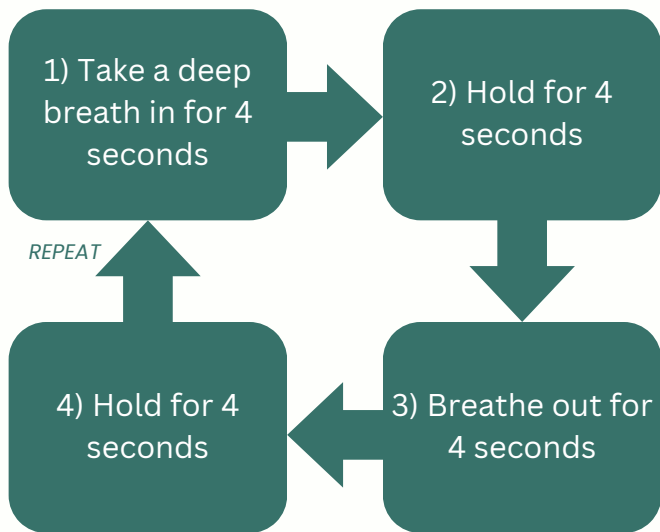
The key is to do these even when you are feeling well. Make them a habit so that when things are not so good you know what you can do to feel better.

# Box Breathing



Focusing on breathing can help with stress, anxiety and panic.

Have a go at this simple and quick technique:



# Take Notice



The aim is simply to focus your mind on the physical world around you rather than on the worries in your head.

Take a minute to look around the room you're in, and really notice what's around you – the shape, colour and texture of each object.

You can do the same outdoors as spending time in green spaces can really help.

For example:

Pay attention to the air around you. Is it warm or cold? How does it change if you walk faster or slower?

Use your senses. What can you see, smell, hear, feel? If you're eating something how does it taste?

# Positive Records



Noting down all the positive things you've done in a day and what that says about you can be a good self-esteem boost if you're feeling low, and it can help against negative thoughts.

Here are a few examples:

I cooked dinner for my family today.  
I can provide what they need.

I spoke up in a meeting today at work.  
I can communicate and I have confidence.

I watched one of my favourite tv shows.  
I can take time to enjoy the things I like.



Source: NHS Every Mind Matters CBT

# Better Sleep



The mental health benefits of good sleep include boosting mood, reducing stress and helping with anxiety.

There are lots of ways you can improve sleep. Here are a few to start with:

Go to bed and get up at the same time everyday (including weekends!).

Relax and unwind before bed. Avoid screens and read a book, listen to a podcast or soft music instead.

Create the right environment. It's easier to sleep when it's dark, quiet and cool.



# Stress Bucket



The Stress Bucket is a visual way to help understand and manage stress. Everything that causes stress goes into the bucket, and the bucket fills up. To stop the bucket from overflowing and causing unmanageable stress, do things that can help you feel relaxed and less stressed.

**Things that can cause stress:**  
Money worries,  
work deadlines,  
illness.



*Don't rely on unhealthy coping methods, eg. alcohol, junk food, oversleeping, drugs, smoking, avoidance. These will only re-fill your bucket.*

**Things that can help:**  
Taking a break, exercise,  
socialising, talking to trusted  
friends and family.

# Worry Tree



A Worry Tree can help keep you focused on understanding the difference between problems you can solve and worries that are beyond your control. It can also help you decide what you can act on immediately or whether something needs to be scheduled and acted on later.



Source: NHS Every Mind Matters



# Cost of Living



Things might be a bit tight at the moment. If you are feeling worried about finances, housing and food there is support out there. Getting help with the practical things in life can give you a bit of well-deserved breathing space and time to focus on 'you'.

Citizens Advice and Age UK are a good place to start for free, local support:

## **Citizens Advice**

0808 278 7891 South Worcestershire Advice Line  
Free to call, 10am - 4pm, Monday - Friday  
[citizensadvice.org.uk](https://citizensadvice.org.uk)

## **Age UK (for the over 50s)**

0800 678 1602 National Age UK Advice Line  
Free to call, 8am to 7pm, 365 days a year  
[ageuk.org.uk](https://ageuk.org.uk)

# Mind Declutter



A mind declutter is a technique for clearing your mind by writing down everything that's in your head, without judgment or criticism.

This can help with anxiety and overthinking  
Try following the process below:

## **1) Set a time limit**

Try to write down everything you can in 5–10 minutes.

## **2) Let your thoughts flow**

Don't worry about creating a perfect piece of writing.

## **3) Categorize your thoughts**

Group your thoughts into categories like work, personal, health, family, and friends.

## **4) Identify priorities**

Identify high-priority tasks that need attention.

# Activity Scheduling



When you feel down you may be less active than usual and stop doing things that lift your spirits.

Remembering to schedule these 'Fabulous 4' activities into your calendar can help boost your mood:

- 1) Activities that make you happy
- 2) Activities that give you a sense of achievement
- 3) Some exercise
- 4) Socialising

Have a go at creating your own activity schedule.

	Activity that makes me happy	Activity that gives me a sense of achievement	Exercise	Socialising
Monday		Pay the utility bills	Take a 10 minute walk at lunchtime	
Tuesday	Watch our favourite family film together			Meet up with a friend for coffee

# Circles of Control



This can help you focus on what you can control in your life, and let go of the things you can't.

Have a go at creating your own circles of control using the example below:



Source: Kurt Lewin, *Circles of Influence*

# Extra Support



If you feel that you need some extra support with your wellbeing and mental health there is help out there:

## **CALM (Campaign Against Living Miserably)**

[thecalmzone.net](http://thecalmzone.net)

Call 5pm-midnight 0800 58 58 58

## **Kooth (children and young people)**

[kooth.com](http://kooth.com)

## **MIND**

[mind.org.uk](http://mind.org.uk)

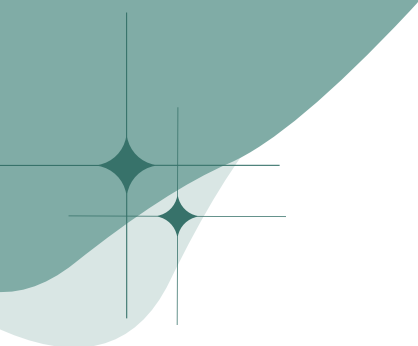
Call 0300 102 1234



**NHS Every Mind Matters**  
[nhs.uk/every-mind-matters](https://nhs.uk/every-mind-matters)

**NHS Talking Therapies**  
[nhs.uk/mental-health](https://nhs.uk/mental-health)

**Samaritans**  
[samaritans.org](https://samaritans.org)  
Call 116 123  
Text SHOUT to 85258



This booklet has been created by Being Well at  
Citizens Advice South Worcestershire and Age UK Wyvern

