

# Creating a self-care plan

## For young people in secondary schools or college

**Self-care** is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.

The suggested activities in the plan are split into different categories, including:

- physical activities
- emotional activities
- social activities
- practical activities

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

[Download the self-care plan](#)