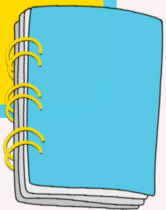




# Ways to take care of you

Co-produced by Peer Power experts,  
NHS England and Lizzies\_Lines!



## Some days it can feel really hard to take care of yourself.

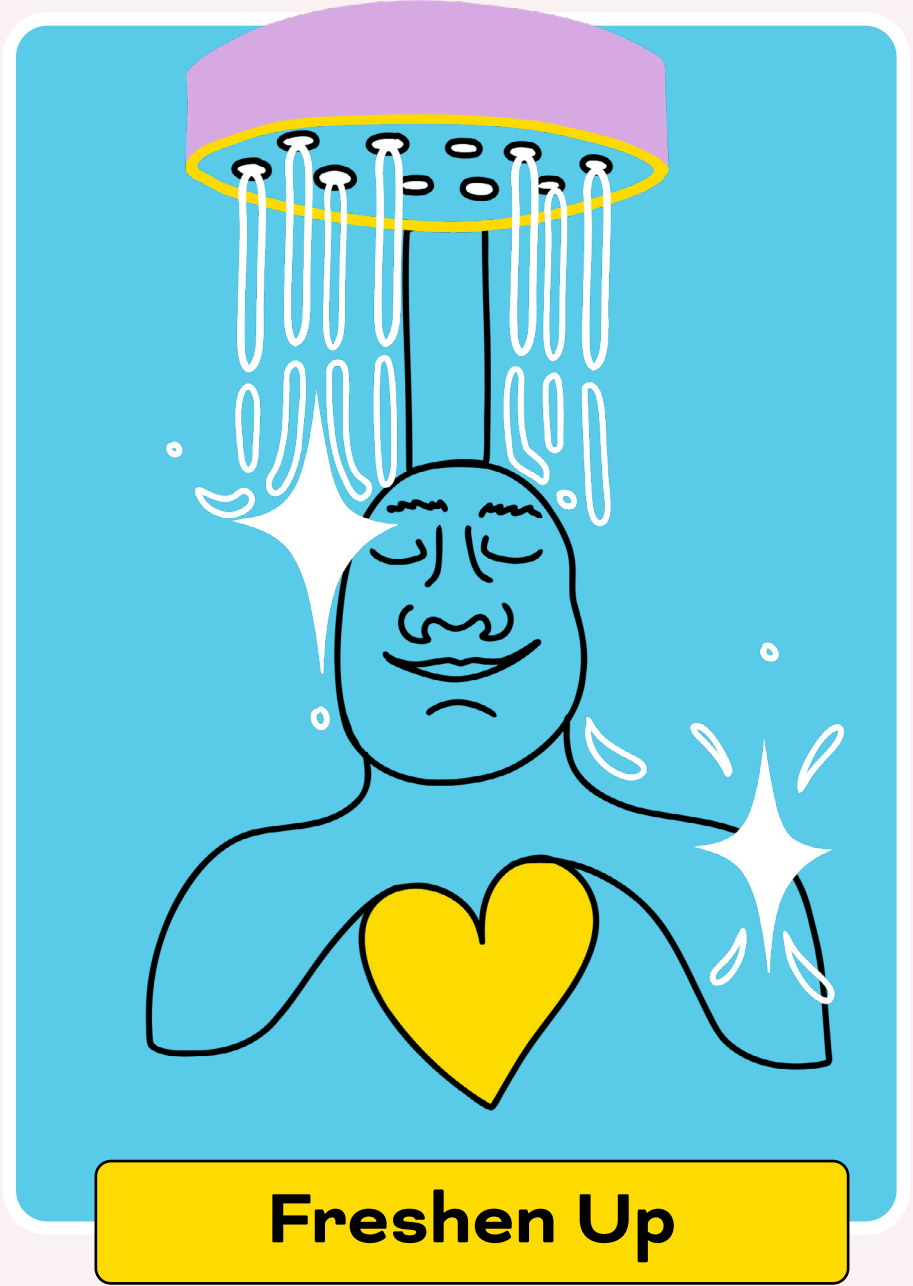
Knowing what makes a positive difference to how you feel can help you to:

- Be kinder and more patient with yourself.
- Think more clearly
- Express your creativity and
- Have greater control of your emotions, behaviour and reactions.

In these posters you'll find some ideas of how you could take care of yourself.

Try them out to see how they make you feel. Collect your favourite pages and keep them as reminders or get creative and make a collage!

There are also bonus questions at the end to help you make a plan of what to do when times get difficult.



## Freshen Up

Take a shower or have a bath and thank your body for all it does!



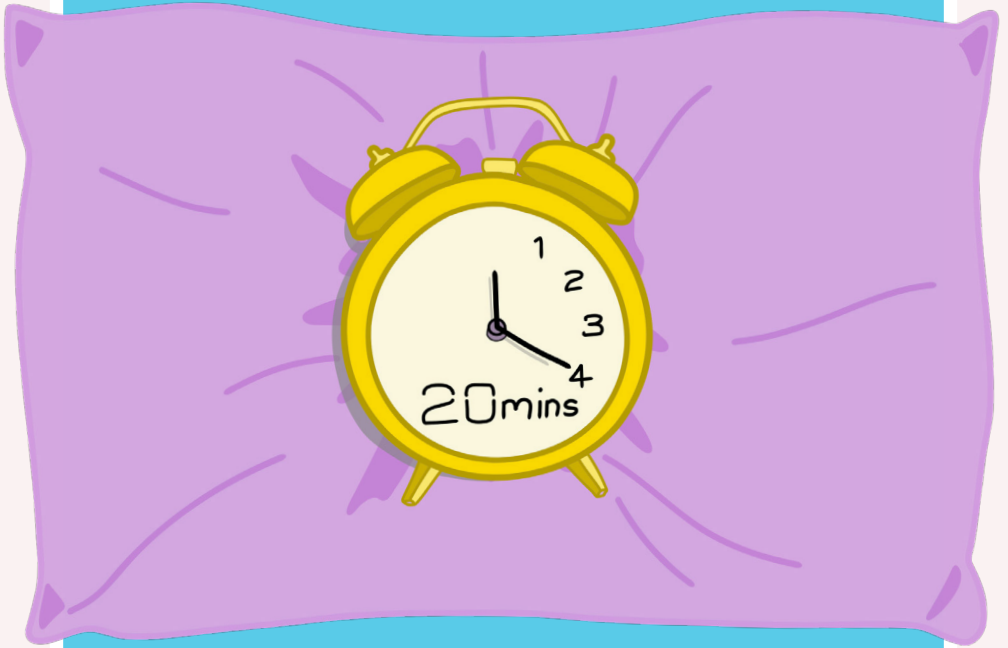
## Write or Record it

Let your words free! Speak them into a voice recorder or write them onto paper. It can really help you see and understand things a little clearer.



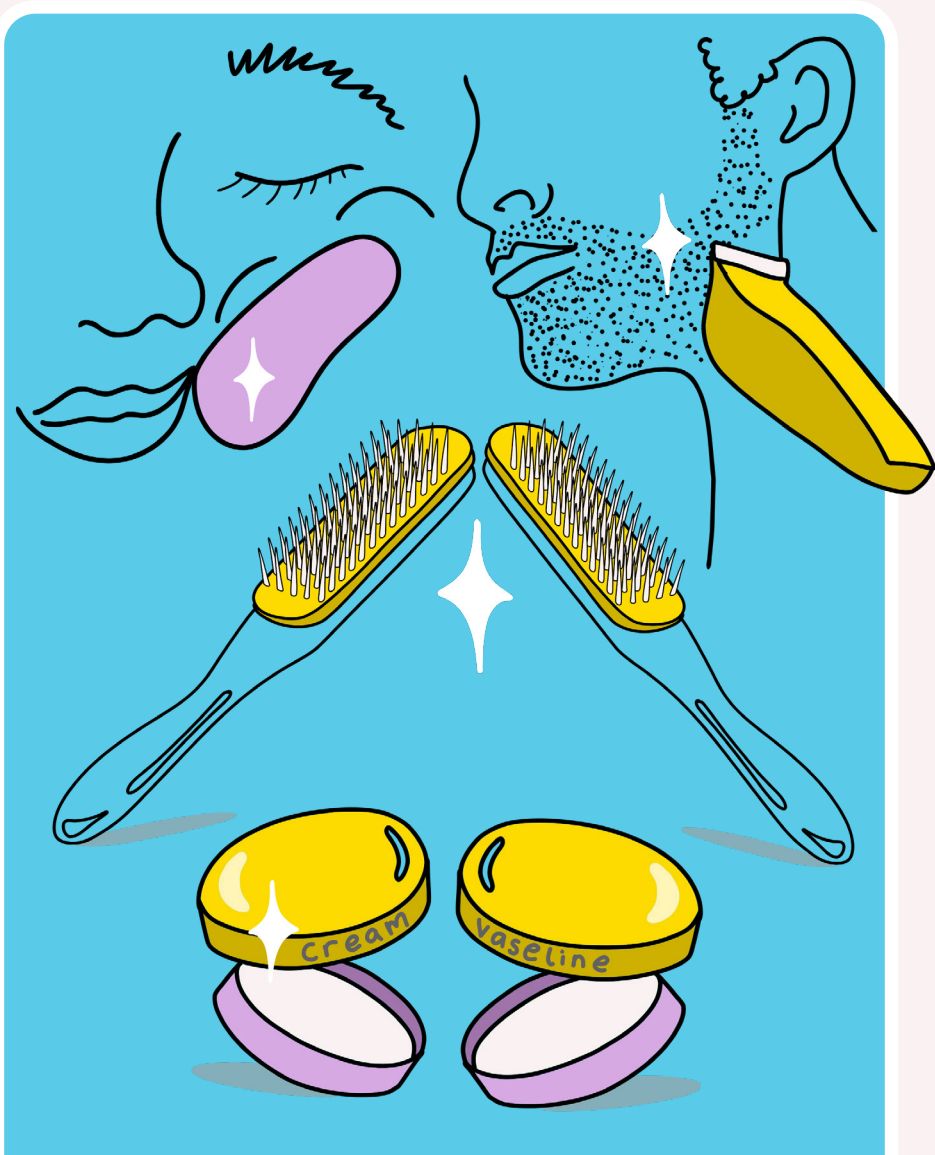
## **Speak to Someone You Trust**

Whether you give them a call, meet up, or send a text. There is always someone available to listen, all you have to do is connect.



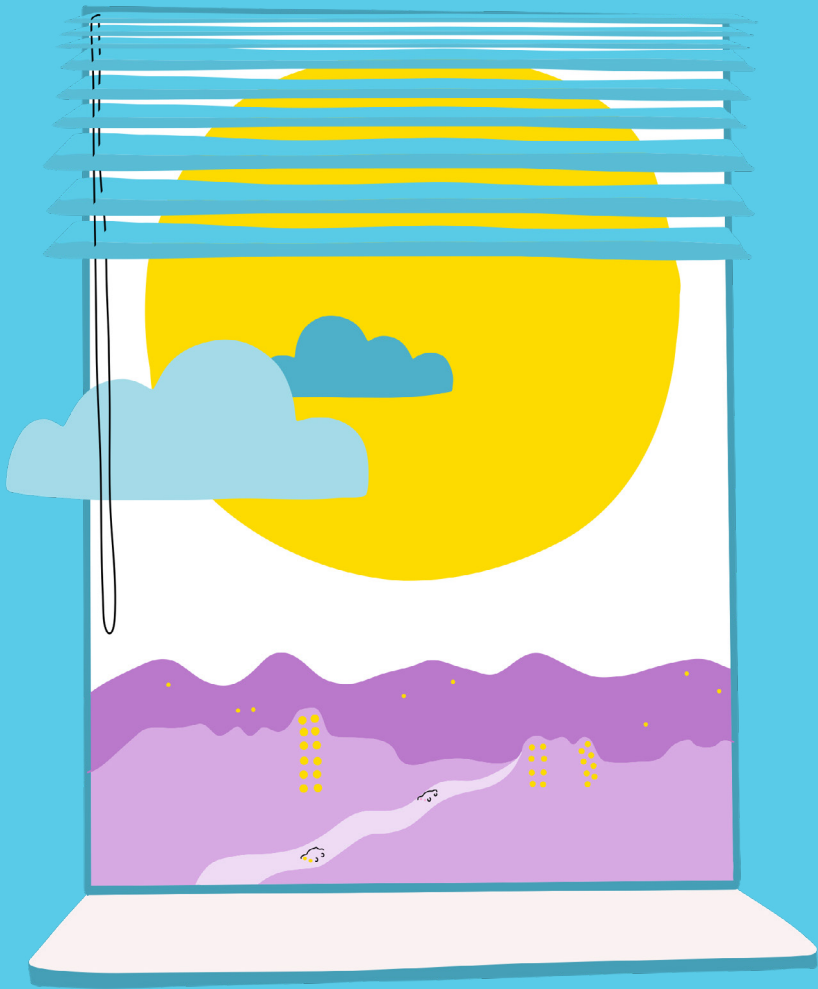
## Power Naps

Our brains are constantly doing something and sometimes it needs a rest. For some people closing their eyes for 20-30 minutes to recharge is the best!



## Pamper and Glow

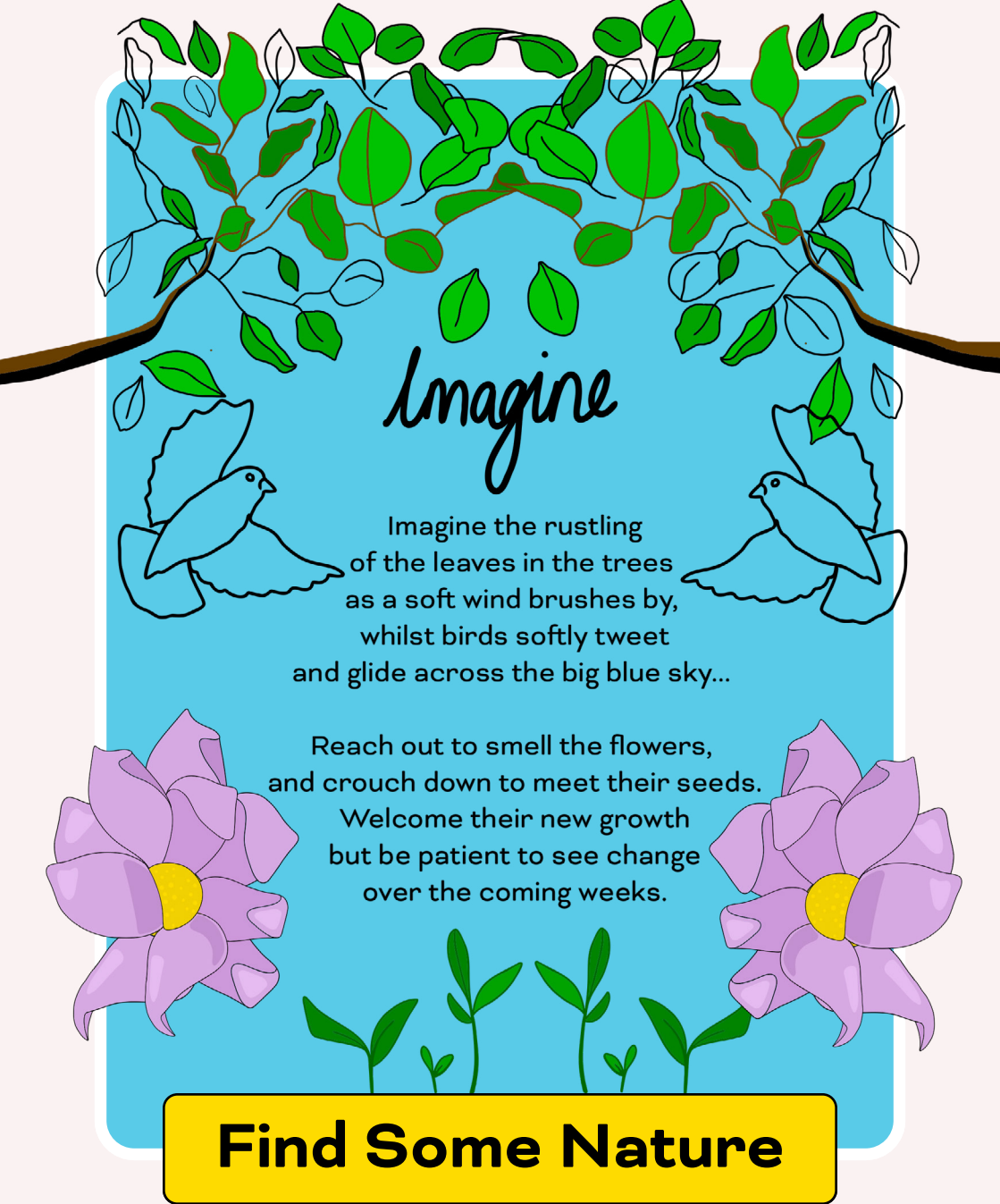
Treating our hair, beards, nails and skin helps us glow from within! Get a boost from washing your face, brushing your hair or a fresh trim.



## Let the Light in

Just by opening your curtains or your blinds, you get a boost in serotonin and vitamin D which helps mood, sleep and bone density!





# Imagine

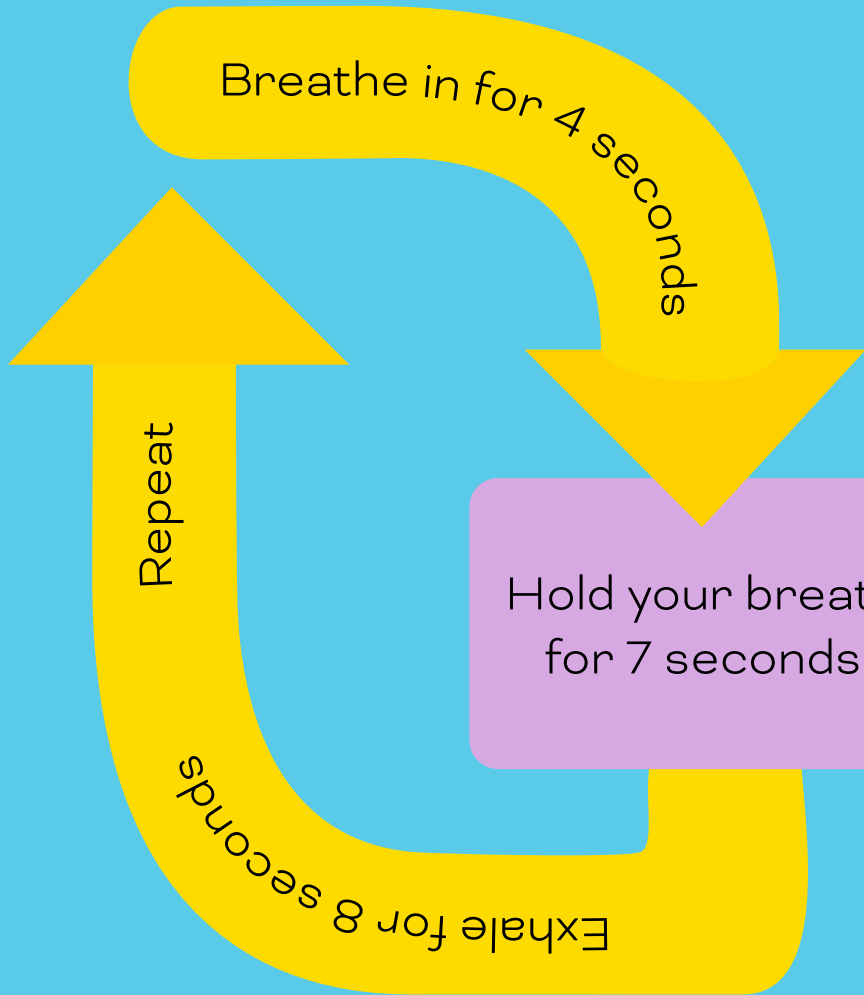
Imagine the rustling  
of the leaves in the trees  
as a soft wind brushes by,  
whilst birds softly tweet  
and glide across the big blue sky...

Reach out to smell the flowers,  
and crouch down to meet their seeds.

Welcome their new growth  
but be patient to see change  
over the coming weeks.

## Find Some Nature

Nature is full of colours, sounds, smells and textures.  
Either close your eyes and imagine or look out the  
window or go for a walk to tune into your senses.



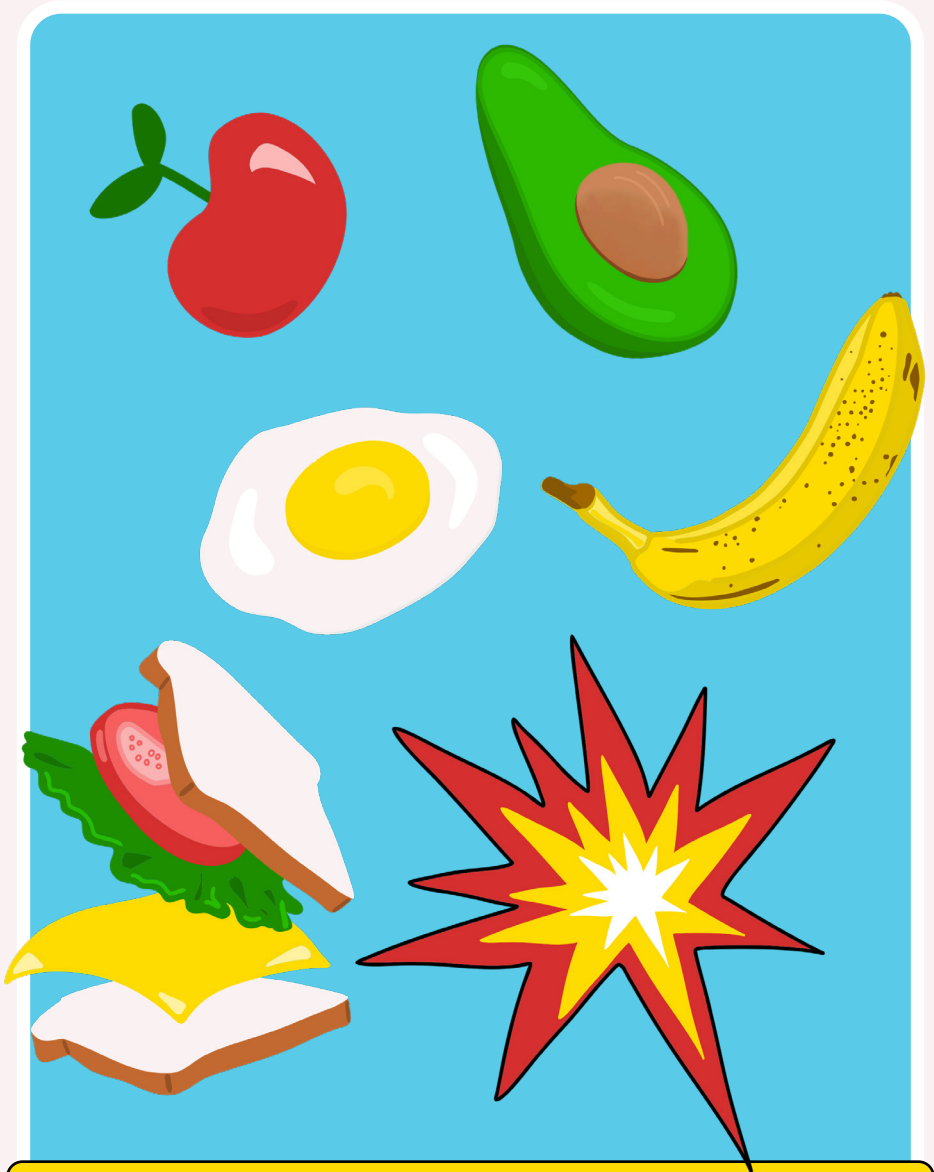
## Breathe Slowly

This can be done anywhere, anytime.  
Concentrate on breathing in and out to  
try and clear your mind.



## Drink Water

Add fruit like lemon, berries and cucumbers to make your own mix! Helping your five-a-day and your heart and brain which is made up of 73% of it!



## **Food is Energy**

The more colourful your food, the more energy your body will have to perform! Can you add another coloured food to your favourite meal to make it super strong?

Chamomile  
is  
Relaxing



Lemon, honey + ginger  
boosts your immune system

Mint is  
Refreshing

## Herbal Tea

Herbal teas have plenty of benefits depending on which ones you have around, and they can be really soothing because they encourage us to slow down.



## Physical movement

Have a stretch or a dance, play some sports or go for a run. Out with the team or on your own.

Go at your own pace and make it fun!



## Listen and Make Music

Some music starts with a story. Some music starts with a beat. If you were to make up a song, what would get you dancing on your feet?



## Make Art

Art starts with colours and materials.  
Choose what feels right to you, have fun and let  
the process be the main part of your experience.



**What's another way you like to care for yourself?**

Draw it here:



Make a title for it here:



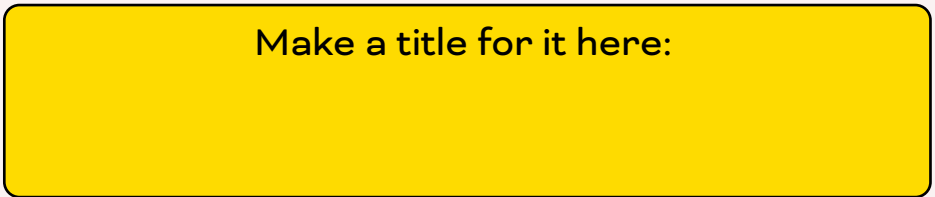
Write a short poem about it here:

**What is something other people can do to help you stay on track with your self-care?**

Draw it here:

A large, empty light blue rounded rectangle with a white border, intended for drawing a response to the question above.

Make a title for it here:

A yellow rounded rectangle with a black border, intended for writing a title for the drawing.

Write a short poem about it here:

It's a good idea to have a plan or an idea of what to do when times get difficult. The questions in part 1 - 4 will help you build one. You could think about these questions on your own or talk about them with someone who knows you well:

## Part 1

How do you know when things are going well?

What helps to keep things going well?

What are your strengths/what are you good at?

When I'm ok I feel...

## Part 2

**Finish the sentence:** When something has happened and I start to struggle, my warning signs are...

Things I can do to help are...

Things other people can do to help are...

# Part 3

**Finish the sentence:** When things are becoming really difficult, my warning signs are...

Things I can do to help are...

Things that other people can do to help are...

# Part 4

**Reflect on these questions:** After something difficult has happened, how do you feel?

How do you think others feel?

What can you do to make things better?

What can other people do to make things better?

Do you think this plan will be helpful in the future?

# Free support services there for you

## Local NHS

24/7 urgent mental health lines.

[www.nhs.uk/urgentmentalhealth](http://www.nhs.uk/urgentmentalhealth)

## Better Health: Every Mind Matters Campaign

NHS approved resources for young people, parents and carers to spot signs of struggle and advice to maintain good mental wellbeing.

[www.campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources](http://www.campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources)

## Young Minds

Crisis Messenger

Free 24/7 crisis support.

Text YM to 85258

Free on all major networks

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Parent helpline

For parents, guardians and carers.

Call 0808 802 5544

9:30am - 4pm on weekdays

## SHOUT

Confidential, 24/7 text message support in the UK for anyone struggling to cope and/or in crisis.

Text SHOUT to 85258

Free on all major networks

[www.giveusashout.org](http://www.giveusashout.org)

*(Continued on next page)*

## **Papyrus (Prevention of Young Suicide):**

### **HOPELineUK**

Confidential advice and support for young people who feel like they want to take their own life.

Call 0800 068 41 41

Text 07786 209 687

9am - midnight

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Childline**

Confidential support for under 19 year-olds via email, phone call or online chat about any problem, big or small.

24-hour helpline: 0800 1111

Sign up for an account to message a counsellor

[www.childline.org.uk](http://www.childline.org.uk)

## **Samaritans**

There to listen to how you feel 24/7.

Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

## **Kooth**

Free online counselling and support for 11–18-year-olds.

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

## **Self Injury Support**


Phone, email, text, webchat support.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)



## **Local free support services / apps**

Add local services here:



**Thank you and we wish you all the very best!**

Feel free to get in touch with any of us involved in the making of this document.



This guide was created to support the NHS Framework for Integrated Care Community that is collaboratively run with service providers across the UK.



Guide written by Peer Power experts.  
[www.peerpower.org.uk](http://www.peerpower.org.uk)



Designed and illustrated by  
Lizzies\_Lines:

Illustrator, poet, campaign designer and workshop facilitator investigating the connection between our relationships with self and the sustainability of modern life through multi-functional design.