

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/relaxation-techniques/>

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/colour-therapy/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/meditation/>

<https://www.nhs.uk/live-well/eat-well/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/eating-a-balanced-diet/>

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/problem-solving/>