



Week 13 of
Headstrong from
home

<https://youtu.be/DQLnp4DR7lw>




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Self Care





What do I do for self-care?

 Get plenty of sleep


 Enjoy sunshine

 Cook

 Write or draw (think out loud)

 Talk to myself

 Cuddle cats

 Walk or bike (esp. in a park)


 Tidy

 Read

 Read about people whose lives are more complicated

 Garden

 Get a hug

 Talk to select people

5 MINUTE SELF-CARE

@ STACIESWIFT

STEP OUTSIDE
FOR SOME FRESH
AIR

DRINK
SOME
WATER

DO A SHORT
MINDFULNESS
BREATHING
EXERCISE

BOOK THE
APPOINTMENT
YOU'VE BEEN
PUTTING OFF

LISTEN
TO A SONG
THAT MAKES
YOU
SMILE

FIND A
VIDEO OF
CUTE
ANIMALS
ONLINE

WRITE DOWN
3 NICE THINGS
ABOUT YOURSELF

HEALTHY SCHOOLS CHALLENGE:



Your challenge this week is to try something that is good for your self-care. You might want to create a self-care toolkit that is ready if you have tricky days. You might want to try the activities suggested by Phase - listing what brings you joy or starting a gratitude journal.

What you do is entirely up to you, but it needs to be something which makes you feel good and helps build up your resilience.

WHAT
BRINGS YOU
JOY...

- 1.
- 2.
- 3.
- 4.
- 5.

Both of
these
resources
(and many
more) can
be found in
full at

[https://phase-hitchin.org/r
esources](https://phase-hitchin.org/resources)

GRATITUDE JOURNAL

21 DAYS TO
POSITIVE THINKING

A GRATITUDE JOURNAL MIGHT SEEM LIKE IT IS TOO SIMPLE TO MAKE A DIFFERENCE, BUT PSYCHOLOGISTS HAVE FOUND THAT THIS SIMPLE ACT CAN HAVE AN EXTREMELY POSITIVE IMPACT ON YOUR WELLBEING. THERE ARE 3 SIMPLE STEPS, IT TAKES 3 MINUTES.

- EVERY NIGHT, JUST BEFORE YOU GO TO BED, SIT DOWN FOR A WHILE AND LOOK BACK AT YOUR DAY.
- THEN THINK OF 3 NEW THINGS THAT WENT WELL FOR YOU DURING THE DAY.
- WRITE THEM DOWN, REFLECT UPON EACH OF THEM.

GRATEFUL
THOUGHTS
GO HERE

DAY 1

1.
2.
3.

DAY 2

1.
2.
3.

DAY 3

1.
2.
3.

DAY 4

1.
2.
3.

DAY 5

1.
2.
3.

DAY 6

1.
2.
3.

DAY 7

1.
2.
3.

≡ DON'T forget TO



→ LIKE READING OR DRAWING
OR PLAYING OR DREAMING...

DO something
you LOVE



GO
outside



LOVE WHO you
are NOW

(THE PAST IS OVER.
LET IT GOOO.)



KEEP being
BRAVE

→ IT MIGHT FEEL HARD SOMETIMES, BUT
THE NIGHT WILL END + THE CLOUDS WILL PART.


Photo credit:

@positivelypresent



SELF CARE
IS A PRIORITY
AND NECESSITY
-NOT A LUXURY-

www.theinspirationedit.com



GIVE YOURSELF THE SAME CARE &
ATTENTION THAT YOU GIVE TO OTHERS
AND WATCH YOURSELF BLOOM

The Sprouting Sunflower