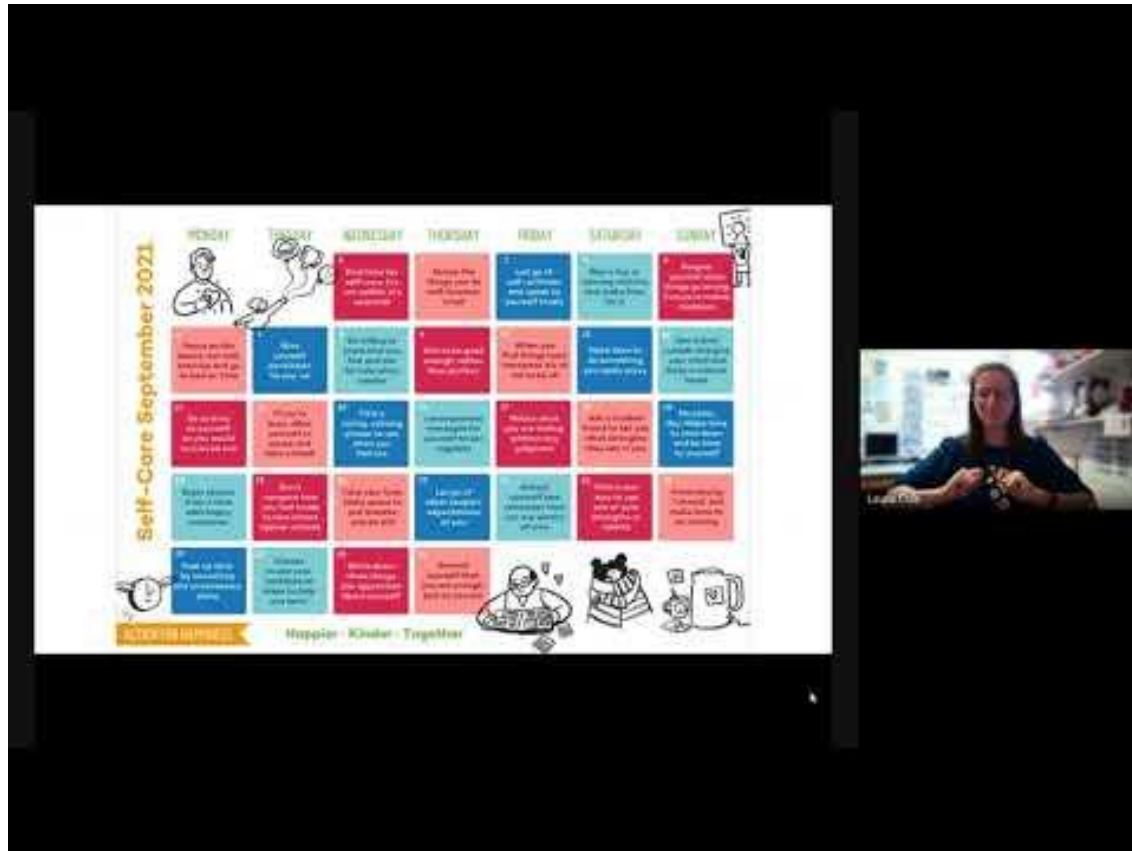




Headstrong



<https://www.youtube.com/watch?v=8OHqX8ZEFxQ>





ALL Feelings are VALID Feelings



**CONNECT**

**BE ACTIVE**



**TAKE  
NOTICE**



**GIVE**



**KEEP  
LEARNING**



# Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

# HEALTHY SCHOOLS CHALLENGE:

Your form will win house points for participating in challenges and certificates too. Your healthy schools representative will be responsible for recording this.



# HEALTHY SCHOOLS CHALLENGE:

## List it!

The beginning of term can be overwhelming. When you are overwhelmed, a to-do list can help you to stay in control. Include everything, big and small. Strike through the unimportant, then tackle the simplest task first - a quick win can restore your sense of control.

You might not need to try this challenge this week, but remember it so that you have it in your toolkit if you are feeling overwhelmed at any point.

\* SHOUT

BRILLIANT!

YOU ARE AMAZING!

OUT \*