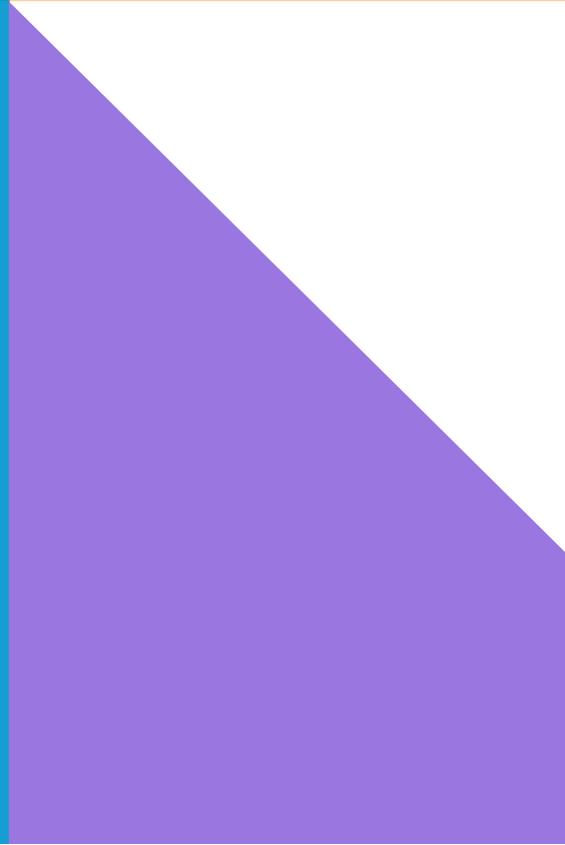
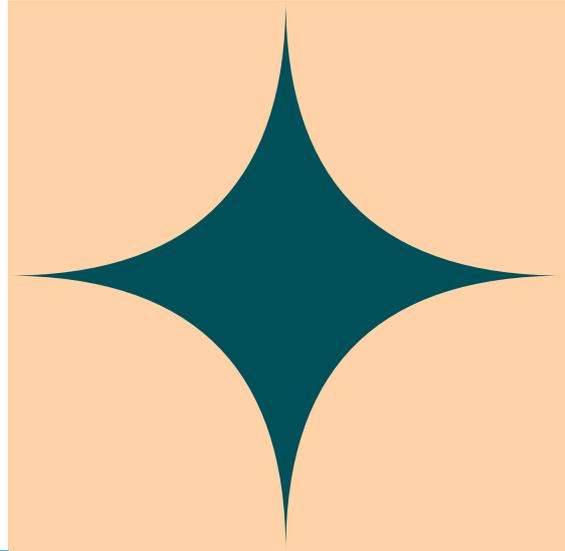


SELF CARE



01

What is Self Care? Why is it Important?

02

Examples of Self Care

03

Self Care Traffic Lights

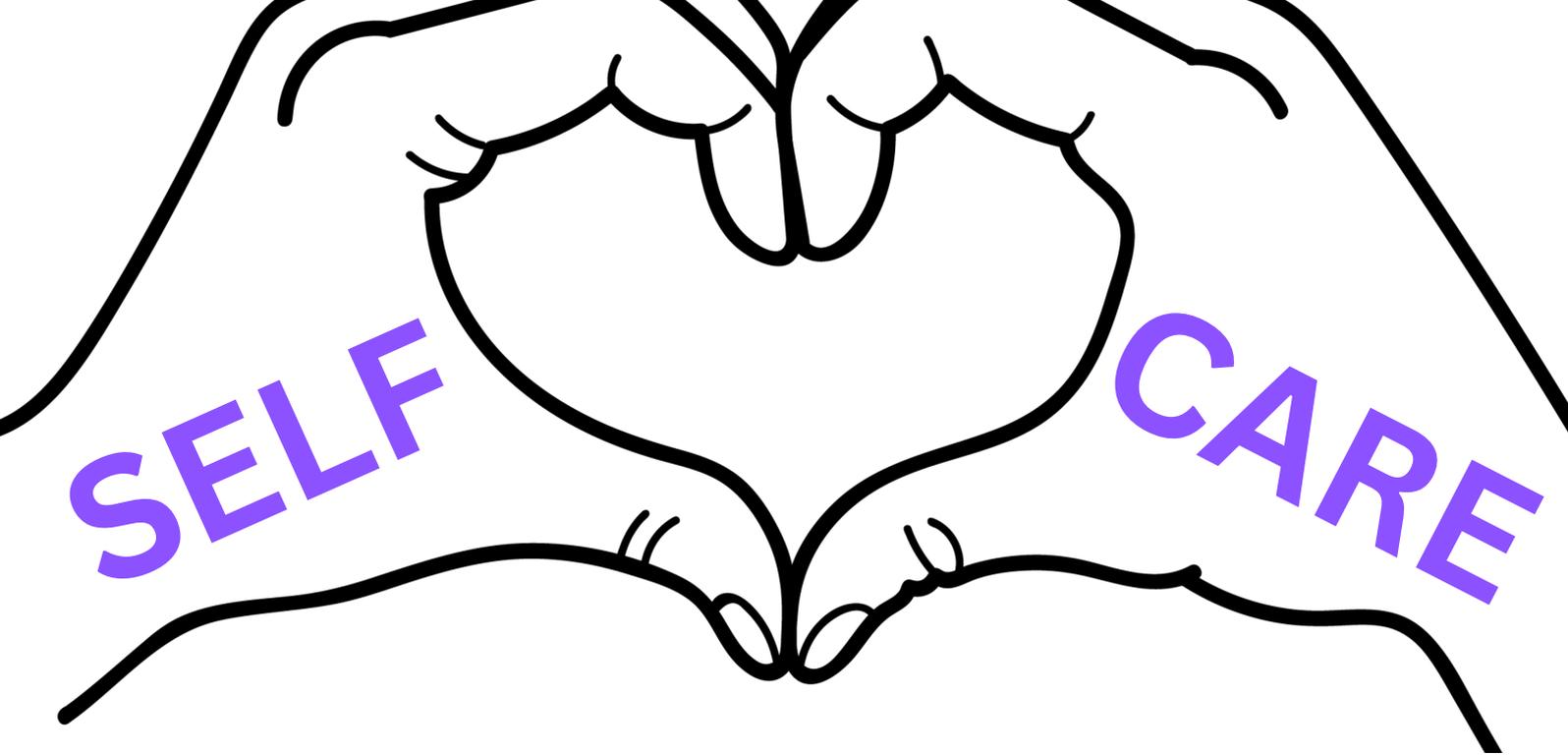
04

Your Own Traffic Lights



"Almost everything will work again if you unplug it for a few minutes, including you."

Anne Lamott



Self Care is taking care of your physical, mental and emotional wellbeing. Spending time doing things Just for yourself.

Practicing self care can help with things such as:

Mood

Energy

Stress Levels

Anxiety

Happiness

Anger

Depression

Concentration Levels

& More

EXAMPLES OF SELF CARE

Exercising

Take a
social media
break

Reading

Enjoy good
food

Gratitude

Social
Activities

Pamper
Night

Listen to
music

Rest

SELF CARE

TRAFFIC LIGHTS

Example,
A Trip or
Special
Day out.

STOP!

This is when you need the highest level of self care. When you have been feeling the big emotions or dealing with big situations. Some people like to do things for self care here that wouldn't be possible to do every week.

Example,
A Pamper Day

PAUSE..

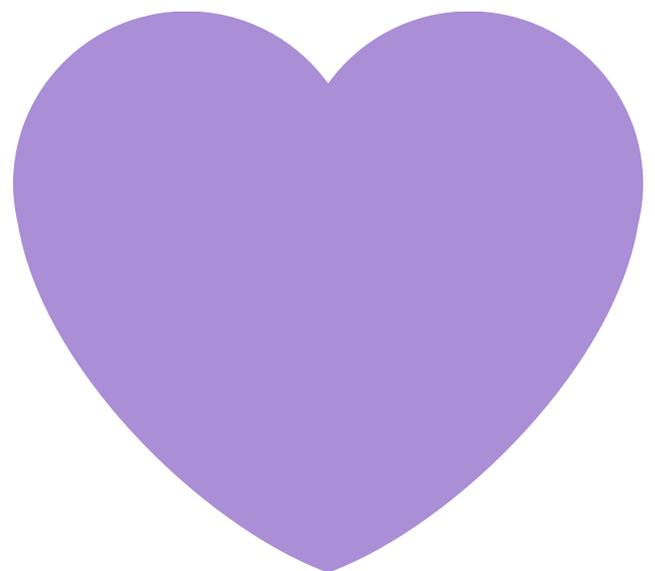
This is when you may need a bit more self care than your usual. Perhaps you're feeling a bit more run down, you're dealing with some tough stuff or just life is a lot.

Example,
Reading

GO

These are the self care things you make sure you do every day or every week. To ensure you are looking after yourself regularly and not just when things are tough or its an emergency.

Now you can plan
your own self care.
This way in times of
need you have a
guide of what could
help make sure you
are looking after you



STOP!

PAUSE..

GO

GET SUPPORT

www.youthinterventions.org.uk

**Working with young people and
families in Renfrewshire**

24/7 telephone/text support

TEXT SHOUT to 85258

Call SAMARITINS 116 123

Call CHILDLINE 0800 1111

IN AN EMERGENCY CALL 999

OR

GO STRAIGHT TO A&E