

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

Self-Care

FACILITATOR HANDOUT

Just as we take steps every day to look after our physical health, we can take steps to look after our mental health too.

Everyday activities can help build up our resilience to the challenges in life which can impact upon our wellbeing. Think about it being a bit like a force field. The more strategies we can put in place, the less likely the impact is going to be against our mental wellbeing.

It's also like wearing a hard hat in a construction zone - we look after our physical health when we are in potentially risky situations so we owe it to ourselves to also look after our mental health. You can build your force field by completing self-care.



Discussion

What are they doing currently to self-care? Is this a skill which is already being used?

Write out the acronym **ACES** on the board. Discuss each area.

Achieve, Connect, Enjoy, Sleep



Discussion

How is the child's sleep? Does anyone have any tips on what helps with a good night's sleep?

Hand out the sleep hygiene worksheet.



Activity

Hand out the weekly timetable. Get them to plan their week ahead, making sure that all areas of ACES are covered throughout the week. What activities can they plan to help with better sleep hygiene?