

Sleep is one of the most fundamental human functions.

Signs of poor sleep:

**Difficulty making simple decisions
Feeling hungry after eating
Difficulty concentrating
Weaker immune system
More emotional than usual**



Top Tips for better sleep:

Have a regular sleep/wake time

Get regular exercise

Get outdoors regularly for sunlight

Keep your room cool

Make your room dark

Have no distractions

Don't use devices at least an hour before bed

Try to keep away from caffeine drinks in the evening

**Self-care is
a priority
and
necessity,
not a luxury**

This leaflet has been adapted from the 'self-care starter kit' from WWW.BLURTITOUT.ORG

Self-care toolkit

Self-care is the essential actions that we need to undertake to look after ourselves.

***Good for physical health as exercise and healthy eating are good for fitness.**

***Good for emotional health as it can positively benefit our wellbeing.**

***Great for self-esteem, because prioritising ourselves improves our self-worth.**

SELF-CARE DOESN'T HAVE TO COST A LOT

There are many acts of self-care that are low cost or even free!

1. Drink lots of water
2. Eat well
3. Sleep lots
4. Get moving
5. Get outside
6. Be creative
7. Have a clear out
8. Treat yourself
9. Put yourself first
10. Chill out and rest



SELF-CARE ALPHABET

Appreciate yourself
Be gentle, don't rush
Creative arts & crafts
Draw or doodle
Eat foods which nourish you
Find a feel-good film to watch
Go for a walk in nature
Have a mug of soothing tea
Imagine your goals coming true
Jot down things you are grateful for
Keep going, one day at a time
Learn a new skill
Make a cake or treat
Nap, take one
Organise a room in your home
Play a game
Quiet time, do some mindfulness
Read a book
Soak in a bubbly bath
Talk to someone you care about
Unplug your devices for an hour
Vital to keep hydrated
Write a kind letter to yourself
eXercise
Yes, say yes to something you want
Zzz, 7-9 hours of sleep per night

MAYBE WRITE YOUR
OWN SELF-CARE
ALPHABET LIST...

5 EASY SELF- CARE TIPS



Be kind to yourself



Create a regular sleep
routine



Have a digital detox



Learn to say No!



Write nice things
about yourself