

**DON'T**  
FORGET

### HEALTHY EATING AND PLENTY OF WATER

These play a key role in how we feel day to day. They impact our energy, mood, motivation and play a part in growth and development.



### EXERCISE

This can help us to sleep, feel more energised and encourages a good routine. Exercise also benefits our mental health.

### HYGIENE

A daily shower/bath and brushing our teeth helps us to feel good about ourselves and can improve our self-confidence. It can also be a good way to start or finish the day.

RELAX

### LEISURE

It is important to find time for things you enjoy within your day. This helps to clear the mind and de-stress, making it easier to maintain other self-care needs, as it gives us something to look forward to and focus on.

### SLEEP

Getting enough sleep is vital for growth and repair. Without enough we will feel tired and unmotivated the next day, which makes everything we need to do seem harder.

### JOURNAL

Getting thoughts out on paper can help you process how you are feeling.

### MEDITATE

Taking time to process what you are feeling is a powerful tool. There are plenty of apps out there that can guide you in this process.

### ROUTINE

A solid routine helps us develop a good natural pattern of self-care, rather than something we must remember to do.

Meal  
Plan