

Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here are some **self-care tips** to help **protect against stress**:

AVOID

TRY

Nurture your physical health – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

Set aside time to have fun or do something nice for yourself – positive emotions can help build a buffer against stress.

Spend time on an activity you enjoy – whether painting, playing guitar, or learning a new sport.

Talking to someone – tell a trusted friend or family member about how you are feeling, or chat online on a support site like **Childline** or **The Mix**.



Overdoing it on caffeine or sugar – they are quick fix which can increase stress in the long term.

Overworking – we all need time to unwind so try to build in short, regular breaks while you are studying, working or revising.

Chasing perfection – it can create unrealistic expectations. It is not fair to compare yourself, as a whole person, to social media highlights from another person's life.

Too much screen time – it can affect your sleep, so try to switch off now and then, and do not feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away – this can make things worse in the long run.

If you are struggling to manage your stress, do not keep it to yourself – there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer.

There are also plenty of organisations out there who can help.