

Self-Care



89 self-care strategies to help you manage your wellbeing compiled by other young people.



Little actions to release tension



Making music



Noticing your triggers




Online chat or peer group support




Photography



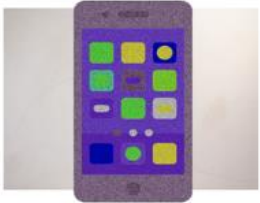
Physical exercise




Acceptance



Alone time



Apps delivering self-help strategies



Aromatherapy and fragrance



ASMR



Avoiding certain foods



Baking & cooking




Being outside



Boardgames



Books & Reading



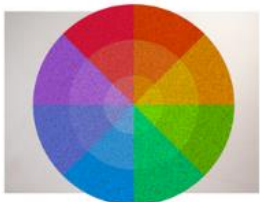
Challenge negative feelings




Chinese herbal medicine



Coding



Colour therapy



Confronting your fears




Crafting




Creative writing



Crying



Dance




Daydreaming & Visualisation



Developing a balanced sense of self




Distraction techniques




Drama




Drawing or painting



Ecotherapy



Email support




Face-to-face informal support



Faith and religion



Gaming



Getting a job

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Anna Freud
National Centre for
Children and Families

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EMPOWERED
SUPPORTED


What is
ON MY MIND?

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supporting young people aged 25
and under with their mental health




Goal-setting



Going on day trips or holiday




Going to the cinema



Herbal/plant-based remedies



Homeopathy preparations



Hope box




Laughter / humour




Letting off steam



Light therapy



Listening to music




Listening to podcasts



Little actions to release tension



Making music



Massage



Meditation



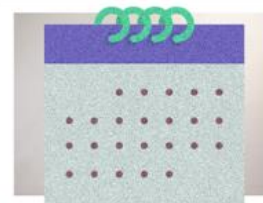
Mindfulness



Noticing your triggers



Online chat or peer group support



Organise your day



Over the counter medications



Personal care & hygiene



Photography



Physical exercise



Pilates



Playing



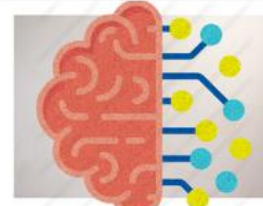
Positive thinking



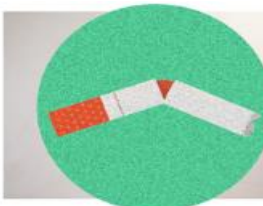
Problem solving



Psychic intuition



Psychoeducation



Reducing consumption of stimulants and other drugs

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