

# Self-care toolkit

Learning how to look after ourselves and our emotions is crucial to our wellbeing. Developing good self-care skills means that in times of difficulty, we have a set of strategies that we know work for us and will improve our wellbeing.

Self-care is not a substitute for seeing a mental health professional and accessing outside help if needed. However, self-care is a useful skill that we can learn and develop throughout our lives, and something that schools and colleges can teach their students.

In this toolkit, there are lots of self-care resources for young people, with suggested techniques, a CBT exercise, an emotional check-in and sources of support and guidance. There are also resources for staff and senior leaders, to help you fit simple self-care strategies into your busy schedules.

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SCHOOLS**



**Anna Freud**  
National Centre for  
Children and Families

## Resources for students

### Self-care strategies – Anna Freud Centre

A library of many different self-care strategies for young people, developed out of consultations with young people and academic research.

[Go to resource](#)



### Self-help techniques for feeling better – Oxford Health

This resource shares lots of different techniques young people can try to help regulate their emotions and practise self-care.

[Go to resource](#)



Sign up to the  
Mentally Healthy  
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for more resources

## **How do I change my thoughts? - Birmingham City Council**

An activity using CBT techniques to help young people recognise and challenge negative thoughts and unhelpful behaviours.

**Go to resource**



## **What's up with everyone: animated videos and website - University of Nottingham**

This series of animated videos and accompanying information for young people aims to increase mental health literacy, covering topics like perfectionism, social media and loneliness.

**Go to resource**



## **Emotional check in for ages 11+ - Mentally Healthy Schools**

This chart encourages young people to think about the self-care strategies they have been using, and if these have been positive or negative in helping them to deal with, manage or process their emotions.

**Go to resource**



## **Wellbeing action plan - Charlie Waller Trust**

A booklet for young people to complete which helps them reflect on self-care strategies which work for them. They can then refer to the booklet in times of distress.

**Go to resource**



## **Self-help guide for young people in Scotland - NHS Borders**

This detailed guide from NHS Borders shares lots of information for young people on sources of support and self-care techniques.

**Go to resource**



# **Resources for staff**

## **10 ways to support school staff wellbeing – Anna Freud Centre**

A report, booklet and poster looking at how to best support staff wellbeing in schools. It focuses on self-care and support, balancing workloads, and provides advice on how to measure and monitor wellbeing in schools.

**Go to resource**



## **Mental wellbeing audio guides – NHS**

A series of audio guides sharing self-care techniques and advice for issues including low mood, anxiety and sleep problems.

**Go to resource**



## **Every Mind Matters self-help tool – Public Health England**

This free tool, approved by the NHS, offers customised self-help suggestions following a brief quiz about your emotions and experiences.

**Go to resource**



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