



# 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's some **self-care tips** to help **protect against stress**:

## 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.



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





If you're struggling to manage your stress, don't 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, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See **list of support organisations**


## Avoid



**Overdoing it on caffeine, alcohol or sugar** – they're a 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're studying, working or revising.

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



**Too much screen time** – it can affect your sleep, so try to switch off now and then, and don't 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.

