Seif-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:





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.



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

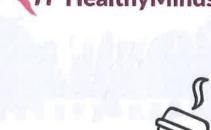
Talk to someone - tell a trusted friend or family member about how you're feeling, or chat online on a support site like Childline or The Mix.

If you're struggling to manage your stress, don't keep it to yourself - there

A good place to start can be talking to your GP. your parent or carer, or a counsellor at your school/college/university.

is no shame in seeking help.

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

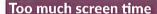


Avod

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.



- 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.







