

AT-iD

SELFCARE FOR TEENAGERS

It's been a rough day...you're new to school & had to change class 6 times, dashing around at the end of the day to get to biology, your least favourite subject. Confronted by a supply teacher who didn't know you, they told you off because you were late. You didn't understand what they were on about in lesson and it felt like they snapped when you asked too many questions. It was hard to concentrate anyway as you were too busy thinking about the stupid remark another kid had said about your 'real mum' being a loser....



*How would you cope?? **This is AT-iD's top tips for selfcare...***

- 1.** Talking to and stroking a pet. Not only does it calm you down but it really helps knowing they won't talk back or tell anyone your secrets!
- 2.** Write down one good thing about your day & one rubbish thing and pop them in a jar. It gets the feelings out and then you can open the jar on a day when you're in a mood to reflect.
- 3.** Listen to your favourite music, you can't beat a good tune to pick up your mood.
- 4.** Colouring in or drawing, we like to lose ourselves for a bit in a good picture helps us forget our worries
- 5.** Exercise... running, swimming, rock climbing, cycling, gorge walking... it all helps relieve the stress.
- 6.** Looking through a memory box can put things into perspective and reminds you of the fun times.
- 7.** A trusted friend who 'gets it' and will let you rant is diamond.
- 8.** Disney pixars 'inside out' is a great way to help you understand all the mad mix of emotions we feel.
- 9.** Going to church and talking to people who listen & care.
- 10.** Ever tried screaming into a pillow? Maybe when your parents aren't around!