

# SELF-CARE, RESILIENCY AND SLEEP TIPS



## SELF-CARE

Self-care refers to the activities and routines practiced to benefit your psychological, physical, and spiritual well-being. Self-care activities should be practiced on a regular basis to promote mental well-being. Self-care activities help reduce stress, increase productivity, improve health, help achieve work-life balance and prevent burnout.

### PHYSICAL

- Surround yourself with nature.
- Drink water! 8-10 glasses of water (2 liters) are recommended for children ages 13 and older (Healthy Kids, n.d.)
- Exercise or dance to get out extra energy and relax. This helps to release endorphins (chemical in your brain) that makes a person feel good.
- Spend time with quality friends and family and share how your days are going. Don't be afraid to seek support from others, and to ask for help.
- Eat well-balanced meals.

### PSYCHOLOGICAL

- See a therapist or participate in support groups during times of high stress.
- Keep a journal to clarify thoughts. Evidence shows that writing about stressful events helps come to terms with them, reducing the impact they have on your life (Psych Central, 2016).
- Take a break from television, social media, and the internet to avoid exposure to negative information.
- Be an active member of the community by joining an organization or helping with community service at the local foodbanks, recreation centers, schools, etc.
- Express emotional healing practices of crying, laughing or story-telling.
- Read books or listen to podcasts.
- Participate in activities that make you happy, feel good and are empowering.
- Plan ahead, stay organized, and set time to relax. Set realistic goals for yourself.

#### Check out these Apps:



- Calm- for mindful meditation



- Sleep Cycle- alarm clock



- Relax Melodies- integrating mindfulness into sleep



- YogaGlo- yoga classes



## **SPIRITUAL**

Spiritual self-care involves caring for your soul. Spiritual wellness involves seeking a purpose and meaning in our life. Practicing spiritual self-care can help you find peace between your inner feelings and emotions and the stressors of your life.

- Practice meditation or yoga.
- Pray or attend a church service.
- Express gratitude. Think of 3 different things you're grateful for every day.
- Complete a mindfulness exercise.

## **RESILIENCY**

Resiliency is the ability to adjust to circumstances and keep going in the face of adversity, whether it's a minor hassle or a major life event. Resilience also helps you take on challenges, form stronger relationships and embrace new experiences. A lack of resilience can lead to anxiety, poor self-care, depression and risky behaviors, such as substance abuse. We can't always control events, but we can control our responses.

## **MANAGE STRESS**

Identify your sources of stress and how they affect you. Once you understand how your behavior changes in response to stress (e.g., your health suffers, you isolate yourself from others), you can modify unhealthy or unproductive reactions and develop coping strategies for your vulnerable areas. Self-Care kits can aid in immediate relief when you're feeling overwhelmed (see examples on the next page).

## **EXAMINE YOUR THOUGHTS**

Negative or inaccurate thoughts about ourselves, others, or the future can produce unhelpful emotions and behaviors. Increase your awareness of how you interpret events, so you can challenge and alter counterproductive thoughts and develop a more adaptive thinking style.

## **BUILD A SUPPORT NETWORK**

Positive social connections provide assistance, guidance, and comfort during difficult times. Strengthen your relationships with family, friends and trusted others to form a support network. The quality of these relationships is more important than the quantity.

**SELF CARE KIT EXAMPLES:**

Self-care kits should contain some of your favorite ways to de-stress. Suggested items to include could be a stress ball, journal, blanket, earbuds, essential oils, or a favorite book. See examples below.



Kit Contents: Cotton balls, nail polish remover, bottle of nail polish, tea, socks, facial wipes, a candle, and a book.



Kit Contents: Comfortable shoes, shower gel, sweat band, buff puff, deodorant, and your favorite snacks.



Kit Contents: journal, pens, comfortable clothing, blanket, snacks, candles, books, tea, knitting supplies, and a favorite movie or show.

## **SLEEP**

Staying up all night has adverse effects on a person's cognitive thinking and processing skills. The hippocampus controls the brain's memory, and when you experience sleep deprivation your memory also suffers. All the information you think you've retained—vanished. The most important thing you can do if you want to do well is get good sleep. Teens need 8-10 hours of sleep each night (National Sleep Foundation, n.d.).

### **TIPS FOR GETTING GOOD SLEEP**

A lack of sleep can have physical consequences. Not enough sleep can make you sick, leading to more colds, flu, coughs, and sniffles, and can be associated with weight gain.

- Avoid caffeine at night, and limit it during the day.
- Create a sleep schedule, and stick to it.
- Don't sleep in on weekends or days when you have time off. Wake up close to the same time every day.
- Put books and technology away at least 30 minutes to an hour before bedtime.
- Don't work on your computer in bed.
- Exercise earlier in the day, never just before bed.
- Sleep with earplugs and use an eye pillow to drown out any bright lights and loud noise.
- Turn out the lights when it's time to go to bed; a bright room will keep you awake.

Establishing healthy sleep habits will do wonders for your long-term health.

*Resources :*

*Everyday Health. (2010, March 17). 10 Tips for Better Sleep at College. Retrieved from <https://www.everydayhealth.com/college-health/10-tips-for-better-sleep-at-college.aspx>*

Healthy Kids. (n.d.). Choose Water as a Drink. Retrieved from <https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink-kids>

National Sleep Foundation. (2019). Retrieved from <https://www.sleepfoundation.org/>

Resilience 101. (n.d.). Retrieved from <https://www.scoreforcollege.org/resilience101>

**TAKE CARE OF  
YOURSELF, AND  
ENJOY HIGH SCHOOL!**