



SELF-CARE

Bullies Out[®]
www.bulliesout.com



SELF-CARE

It has been proved that engaging in a self-care routine can reduce or eliminate anxiety, improve our mental health, reduce stress, improve concentration, minimise frustration and anger, increase happiness, improve energy, and lots more.

Self-care teaches you a lot about yourself and provides you with insight into what you need to be the best version of yourself. Self-care helps you cope better with stress and to prioritise what's important to you. You'll be better able to take care of others when you also take time to meet your own needs.

Self-care is important. **It's okay to put yourself first.** But thinking about your own mental wellbeing before others is something many people find hard to do. But it can be hard to live your life to please other people and this can have a major effect on your mental health.

While it is good to be kind and considerate of others and is something we should all do, you must find the balance of looking after yourself too. And it's not something you need to feel guilty about. We all matter and it's important that as well as being kind to others, we consider ourselves and our needs too. **Self-Care Isn't Selfish!**

SELF-CARE CHALLENGE

When you feel ready, look at our Self Care Challenge. Try to complete at least one act of self-care each day.

This list will be different for everybody, but the important thing is that you use your time to do things which you value. By doing this you increase your chances of getting more out of life, resulting in a sense of achievement and fulfilment, and improving your sense of general well-being.



zzz...

30 DAY SELF CARE CHALLENGE

'Self-care is not self-indulgence,
it is self-preservation'
Audre Lorde

**LISTEN TO AN UPLIFTING
PODCAST**

**DO ONE THING YOU HAVE
BEEN PUTTING OFF**

**LISTEN TO YOUR FAVOURITE
SONG OR WATCH A
FAVOURITE MOVIE**

GO FOR A WALK OR RUN

**TAKE A BREAK FROM
SOCIAL MEDIA**

GET AN EARLY NIGHT

**MEET SOME FRIENDS/
FAMILY FOR A COFFEE**

**TRY OUT A YOGA OR
MEDITATION VIDEO**

**TRY SOME BREATHING
EXERCISES**

**DANCE LIKE NO-ONE IS
WATCHING**

DRINK WATER OFTEN

**RELAX WITH A COSY
BLANKET AND BOOK**

DE-CLUTTER YOUR SPACE

**COOK YOUR
FAVOURITE FOOD**

LEARN SOMETHING NEW

HAVE A HOME SPA DAY

HAVE A PJ DAY

**TALK TO SOMEONE WHO
MAKES YOU SMILE**

**MAKE A LIST OF YOUR
ACHIEVEMENTS**

**MAKE A HOT CHOCOLATE
WITH ALL THE TRIMMINGS**

WRITE DOWN YOUR GOALS

**WRITE DOWN 3 THINGS
YOU APPRECIATE ABOUT
YOURSELF**

START A JOURNAL

EAT A WELL-BALANCED DIET

**REMOVE TOXIC PEOPLE
FROM YOUR SOCIAL MEDIA**

PAINT/DRAW A PICTURE

WATCH THE SUNSET

HAVE A 'NO SUGAR' DAY

**READ INSPIRATIONAL
QUOTES**

BE KIND TO YOUR MIND

Self-care doesn't mean
'me first', it means 'me too'

L.R. Knost