

TCES Occupational Therapy Department



Self-Care for Young People

What is Self-Care

Self-care is the mind-set, activities, practices and habits we bring to bear against stress, unhappiness, illness, depression and many more negative emotions

Self-care is about giving ourselves relief when we feel overwhelmed. It is about addressing our problems holistically. Self-care activities are usually carried out, or at least initiated by, the person themselves. To care for yourself, you need to know your needs and seek them out.

Why is Self-Care important

Self-care activities are not to be misunderstood as solutions to problems, but rather to be a practice we engage in that can help us to be and feel better equipped for life's challenges and inevitable changes we will experience throughout life. Learning how to take care of yourself builds resilience.

How to get your young person on board with Self-Care

If you're struggling to inspire your young person to consider self-care activities, frame it as something they get to do – a gift to themselves, or a way to honour their own hard work and effort. Encourage your young person to include self-care in their timetable for the day and to make their own choices when it comes to which self-care activities they engage in.