


# Self-Care

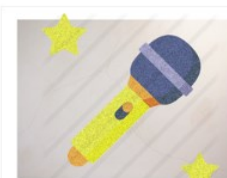


**SELF-CARE**  
What other things may help?

89 self-care strategies to help you manage your wellbeing compiled by other young people.



Little actions to release tension



Making music



Noticing your triggers



Online chat or peer group support



Photography



Physical exercise



Visit [www.onmymind.info](http://www.onmymind.info) for full list



Acceptance



Alone time



Apps delivering self-help strategies



Aromatherapy and fragrance



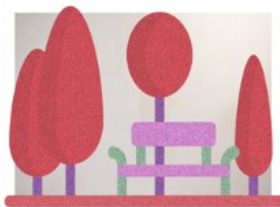
ASMR



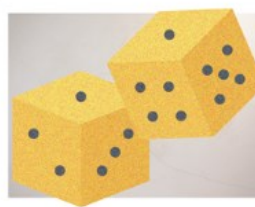
Avoiding certain foods



Baking & cooking



Being outside



Boardgames



Books & Reading



Challenge negative feelings



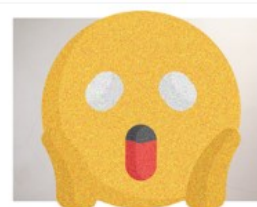
Chinese herbal medicine



Coding



Colour therapy



Confronting your fears



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Crafting



Creative writing



Crying



Dance



Daydreaming &  
Visualisation



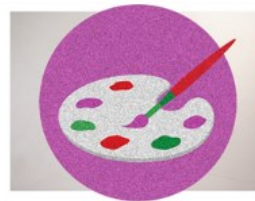
Developing a  
balanced sense of  
self



Distraction  
techniques



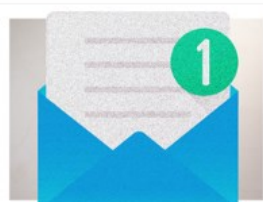
Drama



Drawing or painting



Ecotherapy



Email support



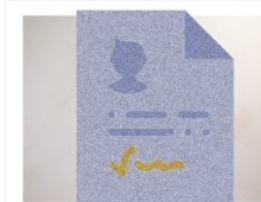
Face-to-face informal  
support



Faith and religion



Gaming



Getting a job



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**Anna Freud**  
National Centre for  
Children and Families

**INFORMED**  
**EMPOWERED**  
**SUPPORTED**

What is  
**ON MY MIND?**

Want to know?  
Visit [onmymind.info](http://onmymind.info)

Discover free, digital resources  
supporting young people aged 25  
and under with their mental health

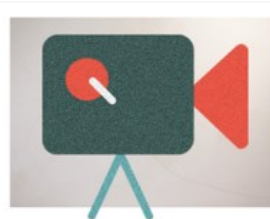




Goal-setting



Going on day trips or holiday



Going to the cinema



Herbal/plant-based remedies



Homeopathy preparations



Hope box



Laughter / humour



Letting off steam



Light therapy



Listening to music



Listening to podcasts



Little actions to release tension



Making music



Massage



Meditation



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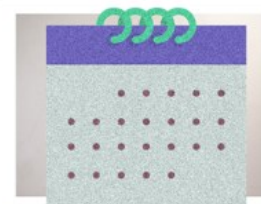
Mindfulness



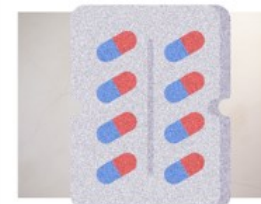
Noticing your triggers



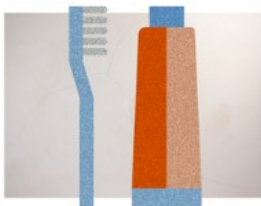
Online chat or peer group support



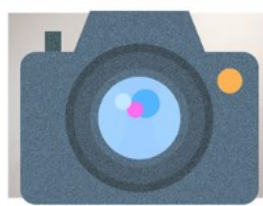
Organise your day



Over the counter medications



Personal care &amp; hygiene



Photography



Physical exercise



Pilates



Playing



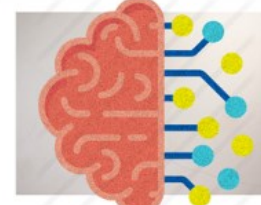
Positive thinking



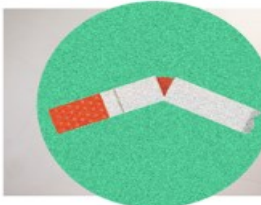
Problem solving



Psychic intuition



Psychoeducation



Reducing consumption of stimulants and other drugs



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