



KCC Wellbeing Newsletter

Article 24 (health and health services)
Every child has the right to the best possible health. Governments must provide good quality health care, clean environment and education on health and well-being so that children can stay healthy.

Welcome to the KCC wellbeing newsletter. We are all having to adapt to a new way of living, working, learning and being. We want to make sure we can continue to support your wellbeing while we are not at school. So each week we will select a wellbeing focus with some tips for how to take care of yourself. This week our focus will be self-care for the mind and body. We will look at what self-care is and how it is beneficial for us all to stay mentally and physically well.

What is self care ?

Self-care is the very thing that allows us to do everything we want to do in and with our lives. It is what gives us the energy, strength and resilience to keep going. Self-care is quite literally taking care of yourself. It is any action you take to look after and improve your health and wellness.

Self-care is doing what needs to be done so you can be balanced and energized to achieve all that you want out of life. Self-care nourishes your mind and body and allows you to thrive. It increases your happiness, ability to be successful and the quality of your life and relationships.

Self-care means that you take care of your body and your mind by exercising regularly, forming healthy eating habits, getting enough sleep, taking time to rest and relax

Why is self care so important?

We all go through tough times in life when situations lead to emotions such as anxiety, loneliness, guilt, or grief, many of our default reactions are not the most effective. Instead we should practice self care techniques as a form of emotional and physical first aid.

Our mental and physical health are linked and should be seen as equally important. It is unlikely we would be asked to walk off a broken leg or not warm up before we get active. In the same way we should make sure we take care of our emotional well-being. We should recognise that we can use scientifically proven techniques to take care of our mental health. In the short-term, you can count on methods of self-care to elevate your moods, increase productivity, curb sugar cravings, and help with sleep. In the long-term, you can see benefits such as lower blood pressure, a healthier heart, and an overall more balanced, happy life.

There is a saying, *“you can't pour from an empty cup”* This is about taking care of yourself. Self-care is a necessity not an indulgence.. That's because self-care is about self-preservation, not selfishness. When you take time to look after yourself then you will be more able to take care of others

TEDx has [an entire playlist](#) about the importance of self-care if you would like to know more.

5 minute self care ideas

These are self-care practices you can do daily. Many take very little time or energy, and most can be done in less than five minutes.

- Breathe – take a few deep breaths
- Have a glass of water
- Have a healthy snack
- Do a 5 minute burst of exercise
- Connect with someone you care about – give them a hug, send them a message
- Take a moment to be still and present



Top tips self care Summary

- Eat well
- Stay hydrated
- Sleep well
- Exercise
- Relax your mind
- Go offline



KCC Wellbeing Newsletter

How to practice self care



Keep moving. It is important to stay active even when we are in lockdown. Exercise helps to manage anxiety and releases some of the anxious energy in the body. Regular exercise is essential for our muscles and joints. Continue with your usual exercise, or try different indoor activities such as yoga or stretching. If you haven't exercised in a long time, try doing 10 minutes of easy indoor activities.

<https://www.nutrition.org.uk/healthyliving/active-lifestyle.html>



Eat healthily to ensure you get the correct nutrients and while staying indoors, keeping your body fit and your mood up. Try and eat a rainbow of fruit and veg to get as many vitamins as you can.

<https://www.nhs.uk/change4life/recipes>
<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell.html>

Healthy SLEEP HABITS

Sleep is vital to keeping our body well. It strengthens our immune system, improves our health, our focus and our overall well-being. Create a winding down routine before bedtime.

<https://www.sleepfoundation.org/articles/teens-and-sleep>



Whether it's listening to your favourite music, reading a book, taking a bath, baking, having a walk. Take a moment everyday for yourself and do something you enjoy.

Stay Hydrated



Drinking more water may help to reduce your stress levels, and can help with any headaches caused by stress. The amount of fluid you need depends on many things including the weather, how much physical activity you do and your age, but you should aim for about 6-8 glasses of fluid per day. If the weather is hot or you are exercising you may need to drink more fluid. You can get water from nearly all fluid that you drink, but not really from sugary or alcoholic drinks.

<https://www.nutrition.org.uk/healthyliving/hydration.html>



You can take a break, even for just part of the day. There may be some withdrawal or anxiety about not being right there for what you think is critical, but just stop and think. How many texts, Instagram stories or other digital communications do you need to see immediately? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications.

Take a walk, spend time with others in person, do some mindfulness colouring, finish a puzzle - give your brain a tech break.

Accessing support

Anxiety UK - 0844 475 774

www.anxietyuk.org.uk

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people.

www.childline.org.uk

Relate - 0300 100 1234 Relationship support for all ages.
<https://www.relate.org.uk/>

Samaritans - 116. Confidential support for people experiencing feelings of distress or despair

<https://www.samaritans.org/>

YoungMinds - 0808 802 5544 9.30am - 4pm Monday to Friday. Committed to improving the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk

Kooth - provider of online mental health services for children, young people and adults

<https://www.kooth.com/>

DON'T JUST BE GOOD TO OTHERS. BE GOOD TO YOU.