

## Six ways to practise **self-care**

Part of the series: "Things You Should Know About Mental Health"



**1 in 3** students experience elevated stress or pressure

### what is self-care?

Self-care means taking time to do things you enjoy or that make you feel better, especially when you feel stressed. Self-care can add meaning to your life while also supporting your health.

#### 1. eat well

- Take time for breakfast, lunch and dinner.
- Eat more fruits and vegetables, and less unhealthy food.



- Make water your drink of choice.
- Make a meal plan for the week, and try to stick to it.

#### 2. move your body



- Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.
- Find a friend and try walking, riding a bike

or taking an exercise class.

- Try working out at home: Use an exercise app or workouts on YouTube, or turn chores into exercise.

#### 3. pay attention to yourself

- Aim for a balanced lifestyle as much as possible.
- Try to identify the things in your life that help with your mental and physical health, and those that don't.



#### 4. sleep well



Aim for eight to 10 hours of sleep each night. Try to go to bed and wake up around the same time every day.

- Create a relaxing bedtime routine.
- Try reading a book or meditating.
- For an hour or two before bed, use

a blue light filter on your devices (or put them away)

## self-care is for everyone



#### 5. slow down

- Set a time each day to do something relaxing.
- Go for a calming walk or take a few slow, deep breaths.
- Learn a new skill, join a club or try a new activity.
- Write in a journal, draw or play music.



#### 6. talk to people

Share what's on your mind, especially if you are finding things challenging.



Think about your positive relationships. These could involve family, friends, teachers, coaches or others that support you. Try to connect with them.



If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT 686868 to chat with a volunteer crisis responder.

Sources: The Ontario Student Drug Use and Health Survey (OSDUHS); Canada's Food Guide: Make water your drink of choice