

## Relationships and Sex Education (RSE) Day

### It begins with me

#### Self Care Leaflet/Mini Book

There is a saying 'healthy body, healthy mind,' which emphasises the connection between physical health and positive emotional wellbeing. Sometimes people feel bad about taking time off from studying or carrying out responsibilities to do things that help them relax, but it is actually essential that we do this so that we look after ourselves. People who do this also tend to have better self esteem. Self care is never selfish!

Research some ways we can look after our bodies and mind through self care activities. Websites such as Young Minds and Every Mind Matters (NHS) have some good tips for caring for yourself.

<https://www.youngminds.org.uk/young-person/coping-with-life/self-care/>

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

Now create a leaflet or mini book for other young people with tips and strategies for caring for their mind and body. Make it as interesting and informative as you can, then add colour and graphics to catch their eye!

Back cover

Front cover

Page 1

Page 2

*cut here*

Page 6

Page 5

Page 4

Page 3

--	--	--