

Looking after your wellbeing



When you spend most of your time looking after other people it's easy to forget to look after yourself too. But it's really important — because unless you're fit, healthy and relaxed you can't do a great deal for others.

Looking after yourself will help you keep going — even when times are tough. This is not selfish. Here's a list of organisations and resources to help you.

Self care videos

Check out NTS' videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media

Essential support for under 25's from The Mix

The Children's Society Wellbeing Activities to help you manage stress, deal with anger and build a routine

Tips for looking after your wellbeing — for 11-18 year olds from Mind

UK Youth Wellbeing Activities for Young People

Beat Advice and support for eating disorders

Health for Teens Advice, support and tips

Anna Freud Children and young peoples wellbeing

Rise Wellbeing for young people resources

Mermaids
Supporting trans, non-binary and gender-diverse young people

BBC Wellbeing activities for Children

Charlie Waller wellbeing activities

Partnership for Children Free wellbeing activities

Childline Video's, games and breathing exercises