Summer Holiday

Self-Care Tips

The summer holidays are often a time to relax and have fun after a long year of studying at school. However, with Coronavirus, months of schools being closed, and 'social distancing' rules, the six week break might feel a bit different and strange this year.

Because of this, it is even more important than normal to look after yourself during this time off school. Here are some tips to help keep you happy and healthy over the summer holidays:

Stay connected

Make time to do fun things with friends and family over the summer holidays (either digitally or safely face-to-face). This will help you feel good about yourself, as well as loved and supported by the people you care about.

If you are feeling lonely, do not be afraid to reach out to a friend and suggest hanging out. Even if you have not spoken to that person in a while, chances are, they will be happy to hear from you.

Get fresh air

Spending time outside in nature can improve our health and happiness. If you do not have a garden, try visiting a local park with others. Whether it is a picnic, a walk, or a sport you enjoy; there are lots of things you can do outside, even whilst socially distancing.
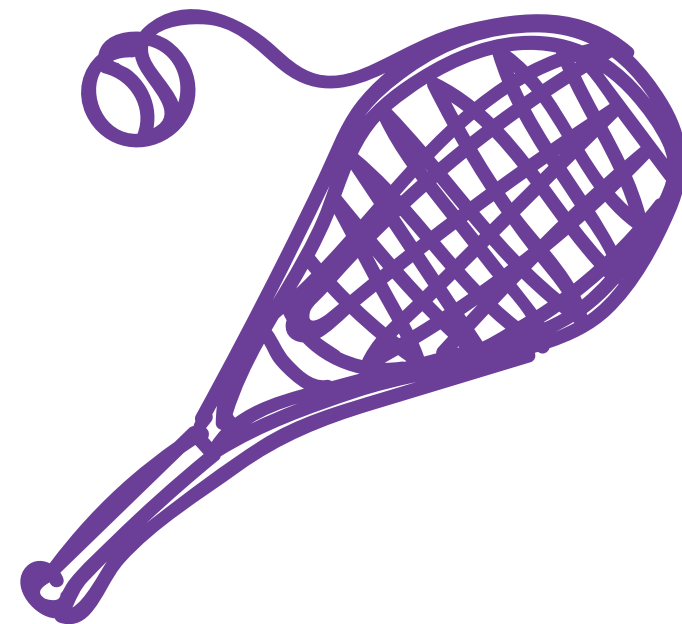
Set a goal

If you are worried you will be bored over summer, try setting yourself a goal or challenge. Maybe you want to learn how to bake the perfect brownies? Learn a new language? Or perfect that football trick or dance routine you have seen? See what you can achieve in 6 weeks!

Suggested activity: Challenge a friend or family member to set themselves a summer holiday goal too. At the end of the holidays, see how well you have both done!

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Find a new hobby

Still think you might get bored? Why not try something new!

Suggested activity: Write down your full name (middle names included) on a piece of paper.

Then, think of a hobby for each letter of your name (e.g. 'Acrobatics' for 'A' or 'Blogging' for 'B').

When you are finished, see if any of these hobbies are something you could or would like to try.

Look after your body

Keeping our body healthy and strong is a great way to keep our mind healthy and strong too.

Check out the list below and see which healthy habits you already do well, and which you can build into your daily routine this summer:

- Get enough sleep (between 8–9 hours per night is recommended)
- Eat healthily (Have a look at the NHS Eatwell Guide for more information)
- Stay hydrated (6 to 8 glasses of fluid a day is recommended)
- Do some exercise (the NHS recommends at least 60 minutes of exercise a day from activities such as walking the dog, cycling, dancing or sports)

Relax

These past few months have been stressful for many people, so give yourself plenty of time to relax over the summer holidays. Try taking a break from scrolling through social media and the news for a few hours each day; this will help you make time to give your full attention to chilling out. If you live in a busy house where there is not much time to relax, try to find at least 10 minutes a day to yourself where you can to just be you.

Suggested activity: Not sure how to relax? Have a look at the good ideas from Young Minds which include watching a film, trying meditation, or having a warm bath.

Young Minds – Take time out

https://bit.ly/38oCllH

Managing difficult feelings

Coronavirus has brought a lot of change and uncertainty to schools, families and our society in general, which has made many people feel worried, stressed or upset. If you have felt like this too, try to talk to someone you trust about how you are feeling – sharing our problems can help make them feel smaller and easier to manage. You can also visit the websites below for more information or support:

Mind
https://bit.ly/2VEJ8CA

Childline
https://bit.ly/31GOj8X

Young Minds
https://bit.ly/3dVWO2y

The Mix
https://bit.ly/31CcsNY