

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

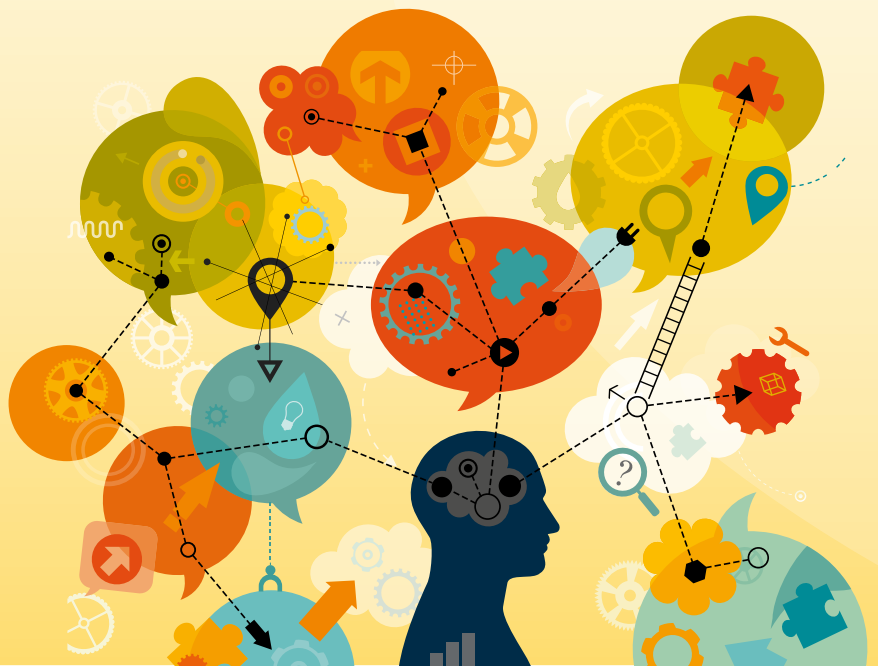
# Self-Care

Just as we take steps every day to look after our physical health, we can take steps to look after our mental health too.

Everyday activities can help build up our resilience to the challenges in life which can impact upon our wellbeing. Think about it being a bit like a force field. The more strategies we can put in place, the less likely the impact is going to be against our mental wellbeing.

It's also like wearing a hard hat in a construction zone - we look after our physical health when we are in potentially risky situations so we owe it to ourselves to also look after our mental health. You can build your force field by completing self-care.

Look out for your **ACES!**  
**Achieve, Connect, Enjoy, Sleep**



<b>Achieve</b>	What things do you have in your life which help you to gain a sense of achievement? Do you like to craft, write, cook, study?
<b>Connect</b>	What activity do you do which helps you to feel connected to the people around you and your community? Do you take part in any clubs? Do you like spending time with your friends? What do you do as a family? Do you volunteer or help out in any community groups?
<b>Enjoy</b>	What do you do that you enjoy? Do you make enough time for these things in your busy life?
<b>Sleep</b>	How is your sleep? Could the quantity or quality be improved?