**Appendix 6**

**Self-care Plan Example**

**Self-care Plan Instructions**

Make your Self-care Plan to help you manage your emotional wellbeing and mental health. We all have emotional wellbeing needs and it can be helpful to create a self-care plan whether you are struggling or not. Start writing it now. It is also ok if you feel you cannot complete all of it right now, fill in what you can and come back to the other sections later. When filling in your self-care plan, use specific language that relates to you. Examples can be helpful.

Ask someone to help you write your plan. Find someone else who can support you through it, and bounce ideas off – like a family member, friend, or mental health worker. If you name someone in your plan, tell them, and if you can share your safety plan with them.

A self-care plan needs to belong to you. It is a very individual plan. Someone can help you develop it, but you need to decide what goes into it, and what works for you.

A self-care plan is a practical tool to help you keep emotionally healthy. It focuses on managing and maintaining your emotional wellbeing. If you have thoughts of suicide or self-harm, we recommend you also complete a safety plan.

It needs to be a plan that is going to work for you. Make sure you have access to your plan when you need. Have a copy on your phone and if you can, share it with relevant family, friends and professionals supporting you. Review your plan every so often to check it is still relevant.

**Self-care Plan Examples:**

Self-care plan examples:

* [My self-care plan: primary (annafreud.org)](https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/)
* [my-self-care-plan-secondaryfe.pdf (annafreud.org)](https://www.annafreud.org/media/18660/my-self-care-plan-secondaryfe.pdf)
* [My self-care plan: secondary (annafreud.org)](https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/)

Self-care resources:

* + [On My Mind | Resources for Young People | Anna Freud Centre](https://www.annafreud.org/on-my-mind/)
  + [Self-Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](https://www.annafreud.org/on-my-mind/self-care/)

**My Self-care Plan**

**The Stressors/Tipping Points:**

**Unhelpful things I will try and avoid:**

**My support Network:**

People that I can go to for support are:

**Things I enjoy doing that help to lift my mood:**

**Helpful things I will try and do more of:**

**Additional Support Network**

(If I have concerns about my mental health and need support I can contact this additional support)

* Samaritans: 116 123
* SHOUT textline: Text Shout to 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.
* AFC textline: AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.
* Childline: [Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we’re here for you.](https://www.childline.org.uk/get-support/contacting-childline/)
* GP appointment
* Call NHS 111 Option 2

**My Self-Care Plan Example**

**The Stressors/Tipping Points**

* Exams
* Transitions, for example going to school
* Falling out with friends
* Sensory sensitivities such as sensitivities to noise and being in crowds
* Separating from my parent
* Arguing with my parent
* Social media
* Arguments with my teacher

**Unhelpful things I will try and avoid**

* Shutting myself away in my bedroom
* Not sharing how I’m feeling with my family and friends
* Walking out of class
* Looking at my social media accounts before I go to bed
* Self-medicating (drug and alcohol)
* Hurting myself

**My support Network**

* People that I can go to for support are:
* Family - Parent/carers, siblings, grandparents, aunts, and uncles etc
* Teacher
* Mentor
* Therapist
* Friends

**Things I enjoy doing that help to lift my mood**

* Music
* Art
* Exercise
* Reading

**Helpful things I will try and do more of**

* Going to a trusted adult such as, Miss Smith, Mr Jones
* Going for a walk
* Engage in hobbies
* Try new hobbies
* Developing healthy routines including bedtime, eating healthily
* Use my breathing techniques

**Additional Support Network**

(If I have concerns about my mental health and need support I can contact this additional support)

* Kooth.com
* Anna Freud: Schools in Mind
* Samaritans: 116 123
* SHOUT textline: Text Shout to 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.
* Childline: [Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.](https://www.childline.org.uk/get-support/contacting-childline/)
* GP appointment
* NHS 111: Call 111