

# Top Tips

**Healthy relationships with ourselves**

**For young people, created by young people**



Written by MHF Young Leaders,  
designed by an MHF intern

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UNLOCKED**

# Take time for yourself

Sometimes it can be difficult to take time for self-care. You may feel guilty for putting yourself first.

**Protecting time for yourself is an important step in building a healthy relationship with yourself.**



Set aside some time this week to create a list of activities you could do to look after yourself that you would find enjoyable. Choose one to try each day and reflect on how it made you feel.



# Take time for yourself

Scan or click the QR codes for tips and activities to try:



Use this **self-care plan** to help map out time each day to do something for yourself.



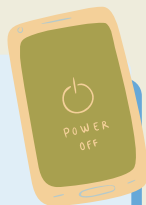
Listen to this **mini-meditation on self-care.**



# Respect your needs

Learning to love and accept who you are and treat yourself with respect can be shown in many ways, including setting personal boundaries for yourself and others.

**Understanding what you need in a moment, and expressing this to others, can help you feel safe and supported.**



Sometimes you may want to say no, but it can be hard to do. Take time to write down different ways you could say no and practice saying them out loud, e.g. Thank you for asking me, but I am going to pass this time.

# Respect your needs

Scan or click the QR codes for tips and activities to try:



Listen to this **video about setting healthy boundaries.**



**Read Aisling's story**  
about **setting boundaries**  
for herself.



# Cheer yourself on

It's important to think and speak kindly to yourself. Remind yourself each day of what makes you, you - your talents, interests and goals.

**Being your own cheerleader means you can become your own source of encouragement, building your self-belief and confidence.**



Write down positive statements, such as "I can do anything I set my mind to", to inspire and remind yourself each day what you can achieve. You could put them around your room to remind yourself to practice saying these positive statements every day.

# Cheer yourself on

Scan or click the QR codes for tips and activities to try:

Trust  
Yourself



Read these some  
**tips on positive  
self-talk.**



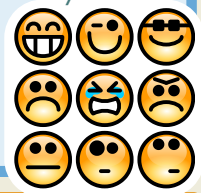
Read this **guide** on the  
**importance of being kind  
to yourself.**

Be  
Kind

# Be honest with your feelings

Each day you may experience different feelings and emotions. It can take time and practice to listen to and understand your feelings. Be patient with yourself.

**By being in tune with how you feel, you will begin to recognise what you need in the moment and look after yourself.**



Having a place to note how you are feeling can be a helpful way to start to process your thoughts and feelings, and recognise what you need. Find what works for you. You could write in a journal, use voice notes on your phone, or draw pictures.





# Be honest with your feelings

Scan or click the QR codes for tips and activities to try:



Use this **mood journal** to keep track of how you are feeling.



Listen to this **meditation** about how your **mind and moods can move like waves.**

# Check in with yourself

Rather than reading comments or looking at the number of 'likes' for approval, check in with yourself – do your actions and words reflect the person you want to be?

**How you think, see, and feel about yourself is linked to your self-esteem. Healthy self-esteem can support you to accept and feel proud of yourself.**



Take a moment each day to reflect on things you like about yourself or have done well that day. Reminding yourself of who you are and what you have achieved can boost your self-esteem.



# Check in with yourself

Scan or click the QR codes for tips and activities to try:



Read about the importance of **believing in yourself.**



Read these tips on how to start a **gratitude journal.**



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# Respect your body

Your body is unique to you. Sometimes your body may not do what you want it to or look how you want it to. At times, you may feel frustrated and disappointed.

**Try to focus on what your body can do and listen to how your body is feeling.**



It is important to build in time for your body to rest. How you do this will be different depending on what your body needs in the moment. Try a new way to relax each week, thinking about how it has made your body and mind feel. You can start to build a collection of different rest activities that work for you.

# Respect your body

Scan or click the QR codes for tips and activities to try:



Read these **tips for listening to your body.**



Check out these **tips for relaxation.**

# Challenge yourself

Challenges come in different shapes and sizes for everyone, from trying out a new hobby, achieving a certain grade in an assignment or waking up earlier to walk to school instead of getting the bus.

**Creating goals for yourself can give you something to focus on and help to build your confidence.**



Think about something you would like to achieve in the next two weeks - it can be any form or size. For example, you could aim to go to bed 10 minutes earlier each day. Jot down what you need to help you achieve this goal.

# Challenge yourself

Scan or click the QR codes for tips and activities to try:



Read about how **goal setting** can be good for your mental health and wellbeing.



Listen to tips on how to write **SMART goals.**

