

Step 3 - Change

Looking after **YOU**
Thought Prompt card



How to look after YOU



It is so important to make sure you take good care of your body and mind every day. It is okay to talk about your emotions, thoughts and struggles as many of us face similar experiences. You need to figure out which self-care coping skills work best for you, learn how to use these coping skills and implement them in your regular routine. Try our Mood Battery activity to as a practical way to explore and express how the day is going. To access the activity template, please scan the QR code.

Anxiety

Overthinking

Body Image

Sleep

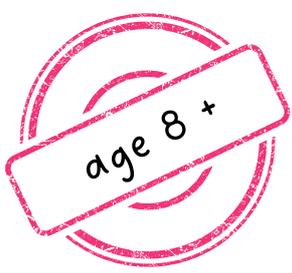
Self-Confidence & Self-Esteem

Low Mood



<https://www.bromley.gov.uk/BromleyParentingHub>

© The London Borough of Bromley, March 2025. All rights reserved.



Step 3 - Change

Looking after YOU

Thought Prompt card



Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

BE ACTIVE

You do not have to be really sporty or competitive. Being active can include walking, swimming, yoga, skipping, skateboarding or dancing.

Try a few things to see what you enjoy. Being active has loads of benefits like:

- feeling less stressed
- helping your mind and body feel healthy
- keeping you focussed
- calming you down.

BOOST YOUR CONFIDENCE

No matter how low you feel, try to find one thing that you like about yourself. It could be your hair, your sense of humour, your taste in music, or football skills. Once you have made that start, you can begin to think of more things and create a positive image of yourself.

EAT BETTER, FEEL BETTER

Choose fresh fruit and vegetables and drink plenty of water. By looking after yourself this way, you will naturally feel better and have more energy.

TRY NEW THING EVERYDAY

It could be a small thing, from styling your hair differently to trying a new hobby. As you learn new skills, you will discover more gifts about yourself.

YOU
GOT
THIS



<https://www.bromley.gov.uk/BromleyParentingHub>