Supporting a self-care core for youth

Self-care is anything you enjoy doing that improves your mood and maintains your physical, mental and or emotional health. It’s when you take time to take care of yourself.

Youth are more stressed than ever; self-care habits can be inexpensive and brief, yet effective.

What we know

- It’s important to be a supportive adult in the lives of youth. The combination of a supportive relationship, skill-building, and positive experiences creates the foundation of resilience.

- According to the American Psychological Association, youth have reported higher stress levels, and higher levels of anxiety and depression than all other age groups.

- Learning to cope with adversity is an important part of healthy development.

- Caring and competent adults are the ultimate protective factor providing warm relationships and encouraging protective factors like self care.
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12 Tips for Self-Care

Keep routines as much as possible.

Practice slow, deep breaths.

Get creative: color, draw, journal, make music, etc.

Practice noticing and identifying your emotions.

Get some fresh air. Spend time in nature.

Eat a healthy balanced diet.

Get a good night’s rest.

Take time to be thankful for each day.

Connect with supportive friends.

Get moving! Any kind of activity is beneficial.

Play with a pet.

Do something each day that makes you feel good.

More for you

We must remember that adults’ ideas about self-care might look different than children’s ideas. Notice how youth respond to suggested self-care activities. Trying a variety of wellness exercises will support kids in discovering what best fits their needs.

You can find additional tips and resources by visiting go.wisc.edu/youthtoolkit.