

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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What you can do

12 Tips for Self-Care

Keep routines as much as possible.

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

Get some fresh air. Spend time in nature.

Practice slow, deep breaths.

Practice noticing and identifying your emotions.

Eat a healthy balanced diet.

Get a good night's rest.

Get moving! Any kind of activity is beneficial.

Take time to be thankful for each day.

Connect with supportive friends.

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