**Wilmslow Youth: Ideas for Self-Care for Young People**

* **Square breathing** - Trace the outline of a square or rectangle with your eyes and breathe in for the count of 4, hold for 4, breathe out for the count of 4, hold for 4 and repeat as often as you can.
* **7/11 breathing practice** – Breathe in for the count of 7, pause and then breathe out for the count of 11. Speed the counting up or slow it down to fit your breath rather than altering your breathing. This can be done on every in and out breath or on alternative ones. Alternatively, if it’s difficult fitting in the 7 and 11 then drop the count to 4 or 5 on the in breath and 7 or 8 on the out breath.
* **Finger breathing** – Trace the fingers on one hand (with the palm of the hand facing you) with the index finger of the other hand, starting with the thumb and going up the finger on the in-breath, pausing at the top and then coming down on the out-breath, up and down each finger until you reach the end and repeat as many times as you can. You can do this under your desk so that no-one sees you.
* **Quiet fidget toys** – Peas in a pod or magnets, small stress ball, fidget bracelet
* **Smooth shiny pebble, gem or a shell** – Keep inside blazer pocket. The pebble could have an affirmation or positive message on it e.g. brave, strong, kind or I am enough
* **Go on a short walk** – Either at break/lunchtime - going with a friend is good and use the time to talk
* **Have a laugh with your friends and family**– Talk about something funny
* **Doodling**
* **Muscle relaxation techniques** – Squeeze hands into a fist (pretend you’re squeezing all the juice out of a lemon) and hold for 10 seconds and then relax for 20. Do the same with your knees, squeezing them together for 10 seconds and releasing for 20.
* **Resistance techniques** - Push your hands into your chair and try and lift yourself off the chair and then relax or cup your hands together and pull them away from each other without letting go for 10-15 seconds and relax
* **Mindfulness** – How many shades of blue or purple etc can you see in the room, how many different words with the letter ‘p’ or ‘s’ etc. Find an object such as a pen and imagine describing every detail of that pen to someone else. The more boring the object the better!
* **Drink water**
* **Have a photograph of somewhere you love going to/a happy place** – Look at it and remember what you like about it
* **Think of three things that have gone well or that you are grateful for** - Write them down e.g. someone smiled at you, you made it into school, a teacher said something good to you, the sun is shining etc
* **Think of three positive things about yourself** - Or that other people may have said to you and say them quietly in your head
* **In your head name as many things as you can from each/any of the following categories for 30 seconds:** Tv shows, animals, fruit, singers, colours, countries, sports