

Self-care for teenagers

Three things to know

*Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. Self-care helps parents and teens deal with life's everyday pressures in a more positive and rewarding way. Recent research has revealed that teaching teenagers how to balance their own needs now will help them in the future, while reducing some of the strain on their lives right now. Self-care can lead to healthier, happier, more adjusted young people.

* Studies have demonstrated that when parents practise self-care, it's been shown that teens are encouraged to do the same, and they take this positive habit into later life. So, your self-care helps teach your child how to look after themselves better.

*Research shows that we need to build self-care habits from an early age so that when your child hits difficulties and roadblocks, they are able to navigate them skillfully and stay strong and steady. Self-care for teenagers is crucial with all the hormone changes, mood swings, struggles with self-image, self-esteem and building independence.



Self-care for teenagers

Three things to do if your child is at Key Stage 3 or 4

* Helping your child learn self-care can help them get through tough times such as exams, challenges or adversities. Suggest ideas to them about how to take care of their physical health and mental health and how to be creative. Ideas include exercising, walking, having a manicure, going for a haircut, seeing friends, having a bath, reading books, listening to podcasts or drawing.

* Self-care works best as a routine to help your child feel energised and deal with pressures well. Talk to your child about the importance of doing things they enjoy and that make them feel happy. Bounce ideas with them, put them in the calendar and support them with doing them.

* Encourage your child to make self-care a priority, remind them about it every so often and help them with what you can do together. Doing self-care activities together not only helps your child to cultivate good habits, it also helps your mind and body to be at its best. Ideas don't need to be time consuming or elaborate, and sometimes they might be indulgent! Get started by cooking healthy meals together, doing hobbies, taking pride in each other's appearance, having fun, getting outdoors, volunteering, or by watching a feel-good film.

