



How to...

DID YOU KNOW?

In a US survey, people said listening to music helped improve their well-being during the pandemic.



Make a self-care kit

Discover the tools that can be comforting when you need them.

Everyone has good and not-so-good days. If you have fun with friends after school, you may feel happier than when you didn't have plans. It's also common to feel disappointed or sad on some days and not be sure why. On these days, having a self-care kit can come in handy. This type of kit is a collection of items that bring you comfort and help you relax. Here is some advice for creating one that's right for you.

Understand self-care

Self-care is taking care of both your emotional health and your physical health. When it comes to physical self-care, you are probably already practicing it. Examples include brushing your teeth and going to bed when you're tired. Self-care for your emotional health is taking steps that help you mentally relax and feel good. Reading a book in your favorite spot can be self-care. So can spending time outside at a park. If you enjoy drawing or playing an instrument, doing those activities when you feel sad are acts of self-care.

Think about what to include

The most important thing about a self-care kit is that it contains items that are helpful to you. What you include in your kit may be different from what someone else has in theirs. Ideas for what to put in a self-care kit could be

a photo album of the people and animals you love; a special treasure, toy, or book; something that smells or feels nice, such as a squishy ball; and cards or notes from friends and family.

Create your own kit

Now that you've thought about what makes you feel calm, happy, and comforted when you're sad or worried, decide where to keep these items. You might use a soft pouch, a plastic container, or a small box. Also ask a parent if digital items, like a favorite playlist, can be stored on a device you can access when you need it.

Whenever you're not feeling good, you can turn to your self-care kit and choose something from it to help you feel better. Over time you might swap items in and out of your kit, depending on what feels most useful.

Talk about your kit

One of the best ways we can take care of our well-being is to talk about our feelings. A trusted adult will listen and help you make sense of your emotions. You may also want to show a sibling or a friend your self-care kit. You can talk about what it is and explain how the items help support you when you need it. Who knows? You may inspire them to make a self-care kit for themselves, and then you can give them some tips on getting started.



Looking back on favorite photos can be uplifting.

4 more ways to boost your mood

In addition to creating a self-care kit, these activities can help you relax and feel better.

Yoga

Focusing on your breathing and muscles as you do different yoga moves can help you clear your mind. Ask an adult to help you find a video online that teaches the steps for different moves.



Meditation

Meditation is a mental exercise that asks people to clear their mind,



focus on their breathing, and repeat a phrase or mantra, such as "I am loved." Doing this for even a few minutes a day can help you relax. Ask a parent to help you find resources, like a video or an app you can download, that will help you practice.

Art

Being creative is a healthy way to express your emotions. Whether you like to paint, write poetry, or dance, doing an artistic activity may make you feel better both in the moment and afterward.



Get outside

Studies show that mixing fresh air and movement helps people calm their minds.



Outdoor recess counts. So does taking a walk or playing sports.