

# Self-care Planner

## ABOUT SELF CARE

Fostering wellbeing (self-care) is an ongoing responsibility for us all and when our circumstances change, it's important to adapt our routines to ensure we are still taking care of ourselves as best we can.

Here is a list of things that contribute to our wellbeing:

- |                           |                            |
|---------------------------|----------------------------|
| 1. Sleep                  | 5. Feelings of achievement |
| 2. Exercise               | 6. Time to relax           |
| 3. Good nutrition         | 7. A sense of purpose      |
| 4. Connection with others | 8. Fun                     |

The first three items relate to ensuring our physical needs are met – without this, emotional wellbeing becomes very difficult to achieve. Think of it this way, are you more likely to be grumpy or cheerful after a dreadful night sleep? Our brains are the origins of our emotions so taking care of this important body part is a vital step to achieving emotional wellbeing. Once our physical needs have been met, there are other social and psychological factors to consider, as you can see in the list above. With all these factors to keep in mind, is it little wonder that maintaining a state of wellbeing requires quite a lot of effort in today's busy and at times uncertain world.

While we can't control everything that happens in our world, there are steps we can take, by tweaking aspects of our daily lives, to foster wellbeing. Some days this will definitely be trickier than others but having a plan for working towards wellbeing is a great start.

## SUGGESTIONS FOR THIS ACTIVITY

This activity is designed to get your child thinking about the steps they can take to foster their own wellbeing. Whether they can implement a routine perfectly, or stick exactly to their plan every day is not as important as:

1. The opportunity to learn about the factors that impact wellbeing
2. Prioritising their own self-care
3. Rehearsing self-care habits
4. Knowing that some things are within their control, no matter what is going on in the world around them.

**Step 1:** Invite your child to complete their self-care planner activity. Give them time to work on this independently, ideally somewhere private where they can reflect uninterrupted.

**Step 2:** Invite your child to discuss what they learnt from this activity. Are there any aspects of their self-care planner that you can all do together as a family? This activity can be a good opportunity for your child to discuss how they are coping with the current situation and if there might be anything you can do to support them.



As with many of the Aristotle EI activities, this is suitable for adolescents as well as adults. Feel free to try the activity yourself! You might even like to discuss what you learnt with your son/daughter which might further encourage them to share with you too.

### WHAT IF MY CHILD HAS LOTS OF NEGATIVE EMOTIONS THEY AREN'T SURE HOW TO DEAL WITH?

- Reassure them that it's natural to respond this way given the current challenges we all face.
- Encourage them to keep talking with you about how they're feeling. Sometimes, strong emotions can be alleviated just by letting them out and talking.
- Don't feel like you need to solve anything right away. Just listen at first.
- If your child would like assistance, help them find solutions to the cause of their feelings (e.g. If it's loneliness, help them make connections with friends or family. If it's sadness, find time for activities that bring joy. If it's anxiety, help them to see the issue from a different perspective).
- Seek additional help if you think you need it.

If you feel your son needs further help and wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim [amos.pilgrim@medbury.school.nz](mailto:amos.pilgrim@medbury.school.nz). The school counsellor, Jenelle Hooson, is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

Here are some support options specifically for young people aged between 5 and 25:

- [Need to Talk?](#) Free call or text 1737 any time to speak to a trained counsellor, for any reason.
- [Youthline](#): 0800 376 633 (24/7), or free text 234 (8am-12am), or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- [What's Up](#): online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (12pm-11pm weekdays, 3pm-11pm weekends)
- [Kidsline](#) (ages 5-18): 0800 543 754 (24/7 but between 4pm and 9pm calls are answered by a Kidsline Buddy, specially-trained year 12 and 13 students)

Further resources to help parents support their children during this time:

<https://www.allright.org.nz/>

<https://www.mentalhealth.org.nz/>

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