

Taking Care of Yourself

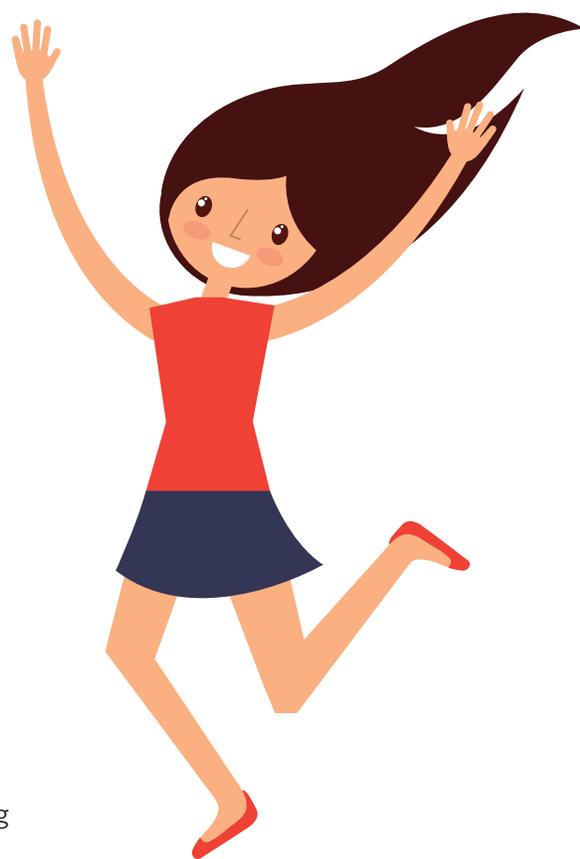
FOR MEMBERS



While it is great to help your friends or 4-H members, remember to take care of yourself too. Self-care is about taking care of your mental, emotional and physical health. By being kind to yourself, you are helping to boost your confidence, improve your sense of self and ensure your overall well-being.

Self-care looks different to everyone. Here are some tips for self-care:

- ✓ **Be kind to yourself!** Show yourself some love and kindness by doing activities you enjoy that make you feel good.
- ✓ **Challenge self-critical thoughts!** Try to see challenges as learning opportunities and send encouraging thoughts to yourself to keep going.
- ✓ **Think ahead!** When you feel stressed or sad, have a list of coping strategies that work for you. Coping strategies like journaling are things you can do to help lower stress, vent your thoughts, explore your feelings and increase the sense of well-being.
- ✓ **Focus on the positive!** Try to look at the bigger picture instead of the small parts of a problem, to remind yourself of what's important. Focus on the parts you do well and try not to worry about the things you can't change.
- ✓ **Let it out!** Express yourself in a way that feels right to you!
- ✓ **Get artistic!** Whether you draw, paint, or write, just get creative and allow your feelings to flow!
- ✓ **Exercise!** Go for a jog, walk, lift weights or do some yoga. Get that blood pumping! Exercise is good for the body and mind.



- ✓ **Stay connected!** Surround yourself with people you trust and who love you for you.
- ✓ **Do a digital detox!** Spend time away from screens. Use this time to read, or get outside and enjoy nature.
- ✓ **Get support!** If you are struggling, talk to someone you trust. That could be a friend, a parent, your 4-H leader or Kids Help Phone. Don't hesitate to ask for help!

Self-esteem

Your self-esteem is how you value yourself and appreciate your self-worth. It is an important element of what makes you, you! Healthy self-esteem allows you to be proud of what you do, your skills, accomplishments and who you are.

When you feel good about yourself, you're more likely to:

- ✓ Set goals and achieve them, in any area of your life – personal, academic and 4-H included
- ✓ Believe that you are capable of learning something new
- ✓ Try new things

Many factors can influence your self-esteem, like your environment, your expectations of yourself and your experiences. Just like everyone, you will have good and bad days but you can work to build your self-esteem over time.

To build your self-esteem, you can:

- ✓ Identify your strengths and abilities and build on them
- ✓ Remember that you are more than your appearance
- ✓ Take care of yourself
- ✓ Think of a positive thought for every self-critical thought
- ✓ Set goals and make a plan to achieve them
- ✓ Build a support system of people you trust

For more information on self-care, self-esteem and self-acceptance, visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).



Kids Help Phone 

4-H Canada has partnered with Kids Help Phone to develop this resource
[KidsHelpPhone.ca](https://www.kidshelpphone.ca)



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