

GOANNA ACADEMY RESOURCES

Part 3: Self-Care Planning & Asking For Help

Designing a Self-Care Plan

When designing a self-care plan, it is important to include specific elements that build a robust safety net. It's crucial to practice our self-care plans daily as part of our routine so we can keep on top of our mental health and wellbeing.

People

Think about: Who is important to me? Who looks after me? Who can I count on? Who do I spend time with that makes me happy? Include people you feel safe and comfortable talking to.

Places

Think about: Where do I feel safe? What place do I love to be at?

Activities

Think about: What do I love doing? What is a fun activity I enjoy and have fun doing?

How to Ask For Help

Even if it is not something directly related to mental health, a frustration or a challenge can impact your emotions and mood. Do not be afraid to ask a question & ask for some help. Sometimes that little bit of extra support is all we need!

Example Ways to Reach Out:

- *"Can you listen to something that is worrying me?"*
- *"Could I ask you to explain this again to me?"* (e.g., if you don't understand an assignment or task at school, ask your teacher)
- *"Can you help me become better at 'A, B & C' at training?"*