

# SELF CARE

FOR A BETTER VERSION OF YOU

"It all begins with you. If you do not care for yourself, you will not be strong enough to care for anything in life." Leon Brown

## SOCIAL NEEDS

**Communication** - talk to your friends, family, teachers or organisations about concerns

**Connect**- make friends and have time to socialise

**Contribute** - help others and be part of a team where possible. It could be within the family or at school

**Create**- work on little projects to help you gain skills, confidence and self esteem.

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## PHYSICAL NEEDS

### Food, Water, Clothing and Shelter

These are the basic physical needs for any human being.

You should also exercise and eat healthily to maintain a well balanced life style.

**If you are struggling** to get the most basic needs, let your school know and they will be able to connect you with the right support

## INTELLECTUAL NEEDS

**Learning** - From the stage of being babies, we have a desire to learn. This is fulfilled when we learn develop new skills as we grow.

Aim to learn something new everyday

Satisfy your natural curiosity

Do puzzles, problem solving games and perhaps homework.

## EMOTIONAL NEEDS

**Appreciation, security, companionship and affection** are important to the well being of an individual.

Choose your friends wisely  
Choose friends who are positive  
Choose friends who do not look down on you

Choose friends who appreciate you  
Choose friends who are there for you when you need them.

