

This month, we are focusing on self-care and wellbeing through **Self-Care September**. Taking care of ourselves is not selfish, it is essential! Throughout September, we encourage our whole school community to find small moments to pause, recharge and show yourselves the same kindness you offer to others every day.

Remember: you don't have to be perfect, you just have to be you!

Self-Care September: Simple Ideas for our whole school community:



Start the Day Gently

Instead of immediately checking emails or messages:

- Enjoy a cup of tea or coffee without distractions.
- Take three deep breaths before starting the day.
- Choose one positive intention: "Today, I will be patient with myself."



Speak to Yourself Like a Friend

Many of us speak to ourselves more harshly than we would a friend. Try replacing:

- "I should have done more."
- With: "I've done my best today."



Five-Minute Fresh Air Challenge

Take five minutes to:

- Stand in the garden.
- Walk around the block.
- Notice what you can see, hear and smell.



Create a Small Technology Boundary

Choose one:

- No emails after 7pm.
- Phone-free mealtimes.
- Keep the bedroom screen-free.
- Leave notifications switched off for an hour each evening.



The 'Cup of Tea' Pause

When life feels overwhelming:

1. Stop.
2. Make a drink.
3. Sit down.

4. Take five slow breaths.

Sometimes a pause is more productive than pushing through.

🌟 **Celebrate Small Wins**

Before bed, ask:

- What went well today?
- What am I proud of?
- What made me smile?

Keep a notebook of small successes.

🤝 **Ask for Help**

Self-care also means recognising when you need support. Consider:

- Talking with a friend.
- Sharing concerns with a colleague.
- Asking family members to help with a task.
- Accepting help when it's offered.

🔴 **Give Yourself Permission to Say No**

You do not have to:

- Attend every event.
- Volunteer for everything.
- Reply immediately.
- Be perfect.

Protecting your energy is healthy.

📖 **Ten Minutes Just for You**

Spend ten minutes doing something that helps you recharge:

- Reading.
- Gardening.
- Listening to music.
- Crafting.
- Walking.
- Sitting quietly.

🌻 **Create a "Joy List"**

Write down 20 small things that lift your mood, such as:

- A hot bath.
- Fresh flowers.
- A favourite song.
- A walk with a friend.
- Watching the sunset.

Choose one when you need a wellbeing boost!!

Here are some Weekly Wellbeing Challenges for you to try!

Week 1: Be Kind to Yourself

"Notice one thing you did well each day."

Week 2: Take a Pause

"Spend five minutes every day without multitasking."

Week 3: Connect

"Reach out to someone you enjoy talking to."

Week 4: Let Go of Perfection

"Choose one thing to do well enough, rather than perfectly."

Self-Care Activity	What to Do	Time Needed
Morning Mindful Minute	Take three slow, deep breaths before checking emails or messages.	1 minute
Gratitude Moment	Write down three things you are grateful for today.	2-5 minutes
Fresh Air Break	Step outside and enjoy a short walk or some fresh air.	5-10 minutes
Hydration Check	Refill your water bottle and drink regularly throughout the day.	Ongoing

Positive Self-Talk	Replace one self-critical thought with something kinder.	1 minute
Proper Lunch Break	Eat away from your desk or household tasks.	20-30 minutes
Connect with Someone	Call, text or chat with a friend, colleague or family member.	5-10 minutes
Enjoy a Hobby	Read, listen to music, garden, craft or do something you enjoy.	10-30 minutes
Celebrate a Win	Reflect on one thing you achieved today, big or small.	2 minutes
Digital Downtime	Switch off notifications or avoid screens for a period of time.	30+ minutes
Notice Nature	Look for something beautiful outdoors and take a moment to appreciate it.	5 minutes
Say No When Needed	Protect your time and energy by declining an unnecessary commitment.	As needed
Tea & Pause Break	Enjoy a hot drink without multitasking.	5 minutes
Declutter a Space	Tidy one small area such as a drawer, desk or bag.	10 minutes
Prioritise Rest	Aim for an earlier bedtime or a relaxing evening routine.	10-15 minutes

Remember...

- ☀️ You are doing better than you think.
- ☀️ Small acts of self-care add up.
- ☀️ Asking for help is a sign of strength.
- ☀️ You deserve the same kindness you show to others.

"You can't pour from an empty cup. Take time to look after yourself."

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time
7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
 28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS

Happier · Kinder · Together