



Weekly Wellbeing



TAKE CARE



Category is... Self-Care!
This week we are focusing on all things self-care, often something we forget to do so enjoy these reminders and put them to good use – we all need them more than ever at the moment!



Why is self-care important?

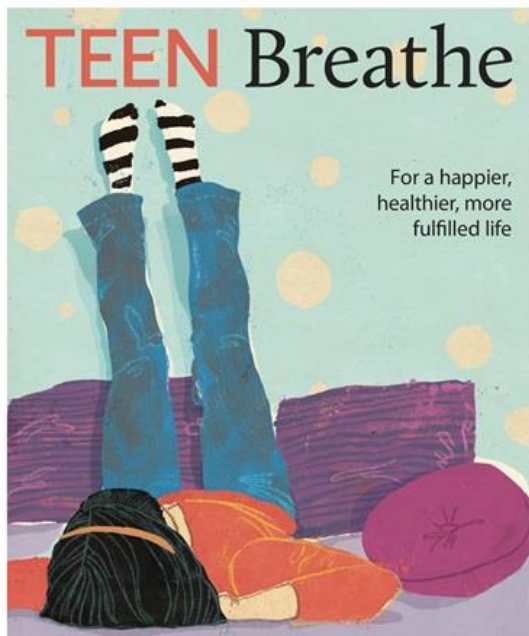
Self-care is all about the things we can do to look after our own mental health. In a nutshell, it's about being as kind to yourself as you would be to others. It's partly about knowing when your resources are running low and stepping back to replenish them rather than letting them all drain away.

Self-care can help to enhance your self-esteem, better your physical health and your productivity and enables you to have the resources you need to give back and support others!



Recommendation: Teen Breathe magazine is great to mindfulness & self-care tips. You can also follow them on Instagram: <https://www.instagram.com/teenbreathe/>

BE INSPIRED • BE BRAVE • BE KIND • BE YOURSELF



Anna Freud's list of self-care strategies for young people to help manage your wellbeing:



Tips for managing anxiety online:



Quote of the Week

Taking care of myself
doesn't mean
"me first"
It means "me, too"
-L.R. Knosts



Teen Calm Subscription Box

A new subscription box filled with passion and purpose.

Teen Calm is here to encourage self-care, lift spirits, build confidence, and bring a rainbow of colour to teen's lives.

Try a new recipe!

Sweet potato & chorizo quesadillas



Ingredients:

4 sweet potatoes
small bunch coriander, chopped
200g block feta cheese, crumbled
8 flour tortillas
140g sliced chorizo (about 24 slices)

Method

Heat oven to 200C/180C fan/gas 6. Pierce the potatoes a few times each and put on a baking tray. Cook for 50 mins until really soft. Leave to cool slightly.

Scoop the sweet potato flesh out of the skins into a bowl. Mash with the coriander, season and gently fold through the feta. This can be done earlier in the day – cover and keep in the fridge. Heat a large griddle pan.

Spread the sweet potato mixture over half of each tortilla, top with chorizo slices and fold the other side over. Cook on the hot griddle pan for 3 mins each side until golden. Cut each tortilla in half and serve.

(Remember to ask an adult for help if you need it!)