

Personal & Physical Care

**Taking good
care of
ourselves**

**Valuing
ourselves**

**Prioritising
mental health
and wellbeing**

**Mental
HEALTH**

Paying attention to, and making personal/physical care a priority is one of the key elements for building better mental health and wellbeing.

It is difficult to take care of your mental health, if you are not first taking care of your physical health. As well as eating well, making sure you're getting enough sleep and getting regular exercise this can include things such as:

- Having a daily shower, bath or wash
- Washing, brushing or styling hair
- Shaving or exfoliating
- Brushing teeth
- Putting on clean clothes (or washing dirty clothes)
- Using deodorant or a favourite scent

Top tips:

- Our brain links scent/smell to key memories - using an aftershave, deodorant or essential oil associated with happy memories, a safe space or feeling calm can improve your mood through the day

**Better mental
health!**



**Treating yourself well and caring for
your physical self reminds you that it's
okay to care for your mental health
too!**

Be Kind To Yourself

**For more information or
support with any of the issues
on this fact sheet, visit your
GP or request a school nurse
referral.**

**[www.healthiertogether.nhs.uk
/young-person/puberty](http://www.healthiertogether.nhs.uk/young-person/puberty)**

Physical Changes

During childhood and adolescence (your teenage years) your body experiences lots of physical changes.

As well as growing taller or gaining muscles, you will notice starting to sweat more, growing hair in new places or different parts of your body being different shapes. You may also notice your hair being greasier. These can happen slowly over time or quickly.

Visit the below website for more information about these changes:
www.brook.org.uk/topics/my-body/

**Creating new personal care routines is a great way to get to know your
changing body better and feeling more at home with it!**

A morning routine can also help you get set up for the day and ready to face the day whatever it may bring.

