



Peer
Education
Project



Mental Health
Foundation



**LEADERS
UNLOCKED**

A circular illustration of a woman with dark hair, wearing a pink tank top, smiling. The background of the circle has light blue rays.A circular illustration of a man with short dark hair, wearing a blue long-sleeved shirt. The background of the circle has light blue horizontal lines.

HEALTHY

RELATIONSHIPS

with ourselves

MHF Tips for Young People Series

“I moved away from the mindset that I had to compete with everyone, it’s more about doing what I need to do, for myself, to thrive and be happy. I learned to become my own cheerleader. Being able to find your own balance can help to improve your relationship with yourself, and with other people.”

**[Mental Health Foundation Young Leader](#) and
Peer Educator from the [Peer Education Project](#)**



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Take time for yourself

It can be challenging to protect time for yourself and know the best ways to practise self-care.

Self-care activities can be anything you find relaxing, enjoyable or gives you time to connect with yourself.



Create a [self-care plan](#) to map out time each day to do something for yourself.



Take inspiration from a young person's blog on [exploring self-care](#).



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Relaxation as a form of self-care



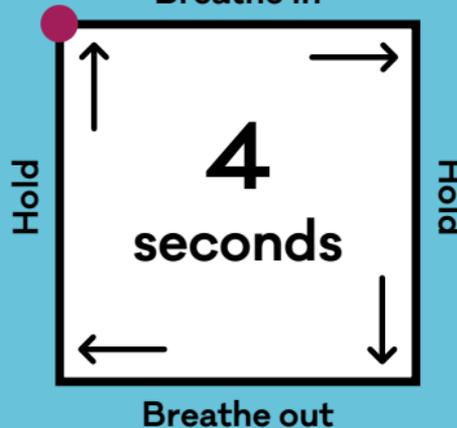
Making the time to practise relaxation exercises is a form of self-care.



You could follow along to this [self-care meditation video](#) or try this mindful breathing exercise



**START
HERE**



**Activity:
Mindful
Breathing**

Follow the square round.
Each line is 4 seconds.



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Respect your needs

Learning to love and accept who you are and treat yourself with respect can be shown in many ways.

Setting boundaries for yourself and with others is an important way to ensure you feel comfortable to express what you need, and to help you feel safe and supported.



Take inspiration from a [young person's blog](#) on how to set boundaries with friends.



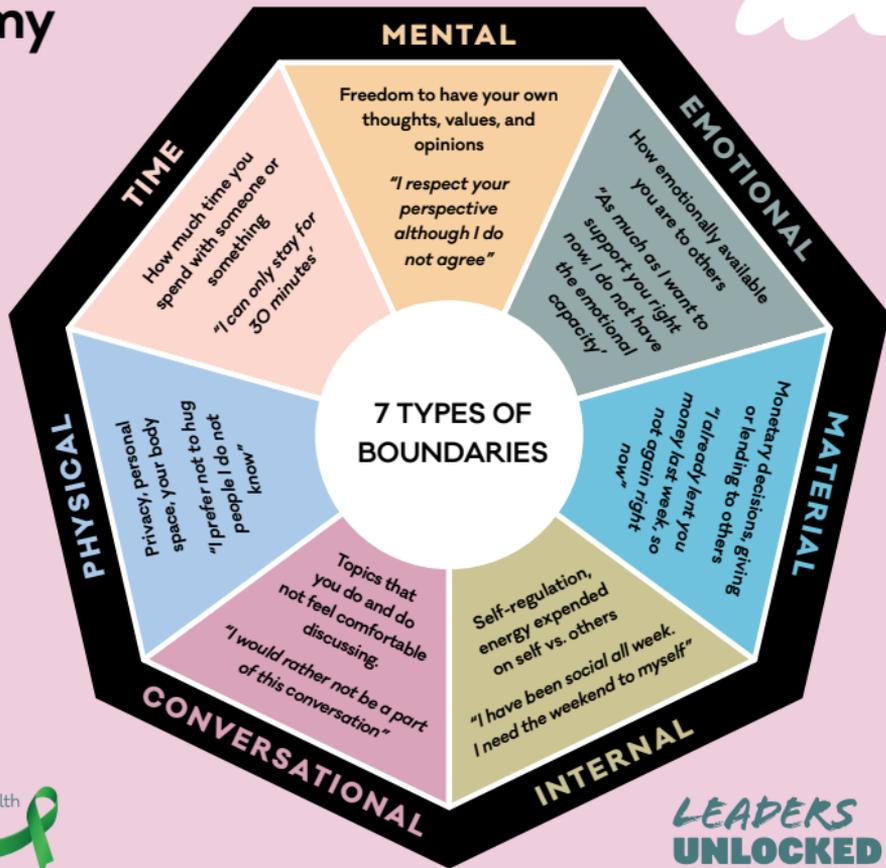
Learn more about [how to set healthy boundaries with yourself and others.](#)



Take inspiration from a [young person's blog](#) on embracing your differences.

Understanding my boundaries

This diagram can be used to think about the boundaries you have or could put in place to respect your needs and keep you safe.



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“Treat yourself in the same way that you would treat others – acknowledge the negative thought and then ask yourself what you would say to a friend.”

Peer Educator from the [Peer Education Project](#)



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Be honest with your feelings

Each day you may experience different thoughts, feelings, moods and emotions. It can take time and practice to listen to and understand what you are experiencing.

By being in tune with how you feel, you will begin to recognise what you need in the moment and how to look after yourself.



Use a mood journal, voice notes or another outlet, to keep track of how you are feeling.



Take inspiration from a [young person's blog](#) on validating feelings.



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Cheer yourself on

Being your own cheerleader means you can be your own source of encouragement, building your self-belief and confidence.



Learn about challenging negative self-thoughts and replacing them with kind words.



Read these tips on practising self-kindness.

**MY VOICE
MATTERS**

**I AM
PROUD OF
MYSELF**

**I CAN
LEARN NEW
THINGS**

**I AM
DOING
MY BEST**

**I CAN ASK FOR
HELP WHEN
I NEED IT**



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Check in with yourself

How you think, see, and feel about yourself is linked to your self-esteem – how we value and see ourselves. Building your self-esteem can help you to accept and feel proud of yourself.

Taking the time to reflect on your day and what you have achieved, can act as important reminders of who you are.



Read about [the importance of believing in yourself](#) for your mental health and wellbeing.



Use these [tips on how to start a gratitude journal](#) to help you build in moments of self-reflection.



Respect your body

Your body is unique to you. Sometimes your body may not look or move in the ways you want it to. At times, you may feel difficult feelings towards your body such as shame, disappointment or frustration.

It is important to build in moments of rest and reflection and learn to connect with how your body is feeling.



Read these [tips for listening to your body.](#)



Try following these [tips for relaxation.](#)



Be open to new things

Challenges come in different shapes and sizes for everyone, from trying out a new hobby, achieving a personal best in sport, or waking up earlier to walk to school instead of getting the bus.

Creating goals can help you to build confidence and provide opportunities for self-learning and self-reflection.



Use these [tips on how to set your own goals.](#)



[Read advice on the different ways to stay motivated.](#)



Take inspiration from a [young person's blog](#) on pursuing goals.



“Generating a healthy relationship with yourself and building self-esteem is not a linear process. It takes a lot of thought to understand what you are feeling and choose to grow as an individual, so take pride in your own experience and journey!”

Intern at the [Mental Health Foundation](#)

Read the full blog [here](#).



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People who will listen



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Shout

Trained Shout Volunteers are here for you if you need to talk, 24/7.

Text **SHOUT** to **85285**

Samaritans

If you need someone to talk to, Samaritans Volunteers are there to listen, 24/7.

Call **116 123**

Childline

If you need support, a trained counsellor is available to listen, 24/7.

Call **0800 1111**

