6 Self-care tips for youth

01.

PRIORITIZE SLEEP:

Aim for 8–10 hours of sleep each night. Quality rest improves mood, memory, focus, and overall health.

02.

LIMIT SCREEN TIME:

Take breaks from phones, gaming, and social media. Use that time to engage in hobbies, nature, or face-to-face interactions.



03.

STAY ACTIVE:

Exercise regularly — walk, dance, play sports, or do yoga. Movement boosts energy, reduces stress, and improves mood.

04.

PRACTICE MINDFULNESS:

Try deep breathing, journaling, or meditation. Even a few minutes a day can help manage anxiety and improve self-awareness.

05.

EAT WELL & STAY HYDRATED:

Fuel your body with balanced meals and drink plenty of water. Avoid skipping meals, and watch out for too much caffeine or sugar.

06.

Talk About How You Feel: Reach out to friends, family, a teacher, or a counselor. It's okay to ask for help — sharing your feelings is a sign of strength.

https://developingadolescent.semel.ucla.edu/topics/item/science-of-adolescent-sleep

https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-025-22690-8?utm