

# Self-Care

Information for patients and families



Yorkshire and Humber  
Congenital Heart Disease  
Operational Delivery Network

LEEDS CONGENITAL  
**HEARTS**



## What is self-care?

Self-care is more than just having a hot bath. Self-care refers to the things you can do to look after yourself and reduce stress.

## Why is it important?

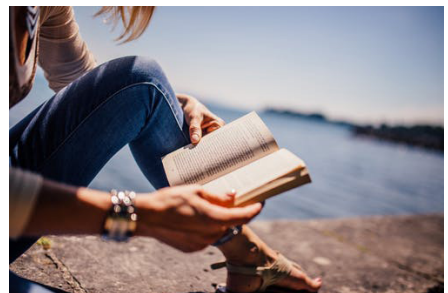
The benefits of self-care include helping you to cope when things are tough and can help you manage feelings like anxiety and low mood.

## How can we 'do' self-care?

There are many things you can do to look after yourself. No matter what you choose, the goal is to find activities that work best for you. Finding ways to build self-care into your day to day life can boost your well-being.

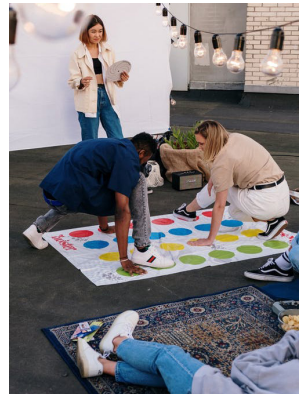
### Self-Care Ideas for Adults and Parents

- Exercise or do some stretches
- Do some colouring or doodling
- Listen to music or a podcast that makes you happy
- Read a good book or magazine
- If you enjoy cooking or baking, make something comforting that you enjoy
- Talk to friends and family
- Make time to look after your body, use a nice hand cream or have a relaxing bath or shower
- Go for a walk or spend some time outside in the fresh air
- Take some time away from your phone, even if it's just a break from reading the news or social media



## Self-Care Ideas for Young People and Families

- Watch a good film
- Do something kind for someone in your family
- Try a creative activity like drawing or painting
- Go for a walk
- Have a dance party
- Spend time outside with nature
- Practice positive self-talk - tell yourself what you do really well or write down what you like about your self
- Read together
- Play! In the park, board games or wherever you can



### What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*

