

Looking After Yourself at the Time of Remembrance



At Scotty's we understand that although it's a time of year to feel proud, it can also be very difficult so it is really important to look after yourself.

Below are some really simple things you could try which may help you, but remember Scotty's are always here if you need to talk to someone.

Things you could do at home

- Spend time with the people you love, let them be there for you.
- Join Scotty's online sessions and chat to other members who understand.
- Listen to your favourite songs or watch your favourite movie.
- Get creative, draw, colour or paint.
- Write your thoughts down in a letter or your journal.
- Cook your favourite food or try some baking.

Things you could do when you're at school

- Use your Scotty Time Out card when you're feeling overwhelmed.
- Fill in the 'Scotty's Tips For Your Teacher' and explain how the school staff can help you.
- Visit your Student Support.
- During breaks try doing something you enjoy.
- Spend time with your friends.
- Find a space for some quiet time, for example the library.

Things to do when you're out and about

- Go outside into nature for some fresh air.
- Play games or sports – what is your favourite?
- Make time for your hobbies for example ride your bike, scooter or roller skates.
- Enjoy a meal out with your family.

Write your own ideas here.
What else might help?

Remember, everyone feels differently and that's okay. Give something a try and see if it works for you!

You are not alone! Don't forget Scotty's are here.

