25th July 2025

Inclusion North News

Inclusion North will share an important news story or tell you about their work every 2 weeks.

International Self-Care Day

On 24th July it was International Self-Care Day.

Self-care is about making time to look after our bodies, mental health and wellbeing.

Self-care helps us at work, in our relationships and in our lives. Here are some things we can do to look after ourselves:

Getting a good night's sleep can make a big difference to how we feel.

If you struggle to switch off when you go to bed, try taking a few deep breaths to help you relax.

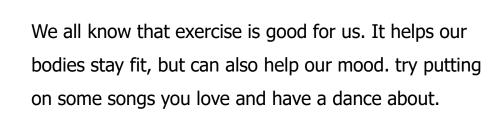We all know that healthy food is important for our bodies.

Spending time with friends, family and even our pets can put us in a good mood.

Think of fun activities, nice walks or days out you could do together.

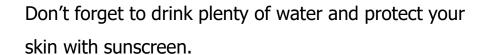And sometimes it is good to say 'no'. We might need time by ourselves, or need to take a break from work.

We all know that exercise is good for us. It helps our bodies stay fit, but can also help our mood. try putting on some songs you love and have a dance about.

And doing things we find fun, such as hobbies, are definitely good for self-care!

Wellbeing Tip

We have had very hot weather recently.

Don't forget to drink plenty of water and protect your skin with sunscreen.

If it is very sunny and hot keep your windows and curtains closed during the day. Open them at night instead to let the cooler air come in.