



Self-Management

Self-management and self-care have become phrases frequently used in everyday conversations. And rightly so, as self-management allows any individual to take a break, refresh, and take care of their physical, mental, and emotional needs.

The importance of self-management for children is profound. It can help them become more mindful and introspective of their thoughts, feelings, and needs.

Self-management and numerous ways to practice it gives the children the ability to handle stressful situations, improve their relationships, and work towards the wellness of their body and mind. It will teach them to give themselves and their mental and physical health a priority now, and lay the foundation to practice these skills as they grow in their adulthood.

Tips for Self-Management:

Mastering Basic Skills

Children should learn some basic skills to keep themselves healthy from a young age. These skills include maintaining personal hygiene, healthy food for their meals, and other healthy routine habits.

Allow some Quiet-Time

In some situations, one of the best ways of self-management is doing nothing. Allow yourself some time to refresh whether it is by reading a book, snuggling with your favorite toy, spending quality time with your family, or watching the clouds float by.

Get Active, Get Outside

Another great tip for self-management is to stay active and spend some time outdoors. Go on a trip with your family, play with your friends in your neighbourhood, or plan an adventure sport.

Other helpful self-management skills include deep breathing exercises, meditation, engaging your five senses without a screen through different fun activities, labelling and being mindful of your emotions.

Just remember, self-management is very UNIQUE. There is no one right way to practice self-care. See what works for you personally, and prioritize yourself.

With best wishes,
Health & Wellness Department
Delhi Public School-Bopal, Ahmedabad