



# Looking after you





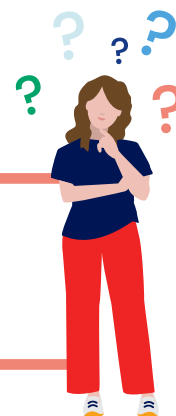
# Looking after you

## Aim of the module:

**You are important. Explore ways to take care of your wellbeing while volunteering, how to talk about wellbeing in your unit, and set goals that make you feel great about yourself.**

## What you'll get out of it:

- Explore ways to look after your own wellbeing.
- Identify and practise 1 way your unit can support the wellbeing of girls and volunteers.
- Think about your strengths and the ways you can develop as a young leader.



### Not sure where to start or want to build your confidence first?

Take a look at our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Take some time for you! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Put into practise 3 ways you'll look after your own wellbeing as a young leader.		
Identify and share (in any way you like – a picture, a map, or even a chat with a leader) your personal support network.		
Run a wellbeing activity with your unit.		
Think of something you'd like to achieve in the future (this could be within guiding, at school, or a hobby). Set a goal, make a plan to help you work towards it and check in on your progress after a term.		

## Reflection

Think about everything you've done to complete these tasks.

- What have you learnt?
- Have your new wellbeing practises helped in your life in and outside of guiding?
- What is something you'll change in future?



### Want to build on your new skills?

Check out these modules:

- Connecting your community
- Knowing Girlguiding
- Supporting inclusive spaces

**Once you've completed 4 modules, talk to your leader and they'll award you your next badge.**

### Self-care-tastic!

**You've completed looking after you.**

You've got skills in:

- Communication
- Facing problems
- Awareness of others
- Personal development

