

Self-Care

What is Self-Care?

Our health focuses on our bodies, minds, and feelings. There are many things that effect our health such as stress, anxiety, mood, friendships, and so many other things that we experience each day. Just as we know it is important to exercise and eat healthy, it is also important to use self-care. Practicing self-care each day can have many helps us in so many ways:

- Less stress
- Less worries and nervousness
- Better mood
- More energy
- Less of a chance of getting sick
- Feeling better about yourself



What Does Self-Care Look Like?

When we think of self-care, we may think of going to the spa, getting a massage, exercising, or even going on a vacation but **self-care can be any activity or action that brings you joy and helps you relax!** Self-care can even be making sure you are drinking enough water, eating enough, getting good sleep, and cleaning yourself each day. Some activities may take 30 seconds or a few minutes, and others may take thirty minutes or an hour. Self-care can be practiced at home, at school, outside, at the mall, you can care of yourself anywhere!

Is important to **find a few types of self-care that work best for you.** Life can feel busy, and it can often be hard to practice and find time for self-care. **Ask yourself these few questions below** to find the most helpful form of self-care!

- What makes you happy?
- Why is it important that you take care of yourself?
- What makes you feel calm?
- When can you find time to do activities that you enjoy?
- What are some activities that you could add to your day?

Remind yourself that **you are important** and taking care of yourself each day, even if it is only for a few minutes, will help your body, mind, and feelings in so many ways!

Types of Self-Care:

Types	Physical	Emotional	Social
Examples	Riding a bike, going for a walk, playing sports, dancing, and stretching!	Talking about your emotions, journaling, getting a hug, and practicing being kind to yourself!	Spending time with friends and family, joining clubs, going to the park, and having sleepover!
Pictures			

Other forms of self-care include baking/cooking, drawing/painting, taking a nap, spending time outside, listening to music, deep breathing, and many more activities!

Tips to Help Your Child Make Self-Care Easier:

Pick three:

- Pick one type of self-care that takes 1-5 minutes.
- Pick one type of self-care that takes around 30 minutes.
- Pick one type of self-care that takes around 1 hour.

Make self-care fun: Find ways to make self-care fun and exciting!

- Create a bingo board filled with self-care ideas!
- Find a self-care activity for each letter of the alphabet (art, bike ride, coloring, dancing, exercise, etc.)

Schedule self-care: Just as you plan time to do your homework, chores, or go to class, also your plan time each day for self-care.

- Use a planner, schedule, check list, or agenda to add self-care into each day!

Remind yourself why self-care is good for you: It might feel hard to practice self-care every day.

- Remind yourself how self-care can help your body, mind, and emotions.
- Remind yourself that you deserve to use self-care.
 - Tell yourself reasons why you deserve to take care of yourself: “You are worthy,” “You deserve to relax,” “You are allowed to take a break,” “You do not have to feel stressed,” etc.



Recommended Readings for Children:

- “I Am Love” by Susan Verde and art by Peter Reynolds
- “Have You Filled A Bucket” Today by Carol McCloud

Recommended Apps:

- Booster Buddy: Free and available on iPhone and Android

- Calm App: Free and available on iPhone and Android
 - Happify: Free and available on iPhone and Android
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References:

- Adapted from: National Institute of Mental Health (n.d.)
- Adapted from: Mental Health America (n.d.)