

Self-Care for Families Make Self-Care a Priority Everyday



<https://images.app.goo.gl/k5nyphbmPkDbdC4b7>

Mind

- Be kind to yourself and others
- Watch a good movie
- Write positive notes to friends and family
- Write (Journal, poetry, goals, affirmations, etc.)
- Have a sing-a-long
- Talk or draw about feelings
- Do what makes you laugh (share a joke, watch a comedy, talk to a friend)
- Connect to others via social media or phone
- Try something new
- Make a collage or Scrapbook
- Cuddle or play with your pet
- Read together / aloud
- Draw or write stories
- Meditate
- Practice Mindfulness
- Find shapes in clouds
- Play mind strength games like memory, I spy
- Read a great book or magazine
- Play cards
- Do puzzles
- Weave, knit, or crochet
- Learn to code
- Enjoy music
- Use a stress ball or fidget
- Set goals
- Listen to a podcast
- Take a break from technology

Body

- Keep a consistent schedule
- Get plenty of rest
- Eat foods that fuel your body
- Keep a good hygiene routine
- Have a family dance party
- Go for a family walk, bike ride or hike. Remember to practice social distancing.
- Kick or throw a ball.
- Jump rope
- Find a workout routine that works for you family – many online options.
- Learn a new dance.
- Try Yoga.
- Take a nap or a break
- Stretch
- Drink water
- Scream into a pillow if you are feeling frustrated
- Get up, get ready and prepare for the day

Practical

- Make a weekly cleaning schedule
 - Assign age appropriate chores
 - Declutter old toys and outgrown items
 - Learn about money
 - Have morning and evening routines.
- up a study area and study routines and schedules.

Spirit

- Make a gratitude list
- Go outside
- Write thank you notes
- Practice positive self-talk
- Be kind
- Plant a tree, succulent, fairy garden
- Forgive, let go, move on
- Challenge negative thoughts by using positive self-talk.
- Use grounding techniques
- Focus on what you can control
- Do relaxation and mindfulness exercises
- Participate in activities that you are passionate about
- Focus on strengths while improving weaknesses.
- Call or skype with friends and relatives
- Have family dinner
- Play board games.
- Have talks about friendship and how to be a friend
- Play the telephone game.
- Blow bubbles together
- Cook or Bake together
- Talk to someone you trust
- Share only positive things on social media
- Open a window and pay attention to what you hear and what you see.