

TYPES OF SELF-CARE



PHYSICAL
 Sleep
 Stretching
 Walking
 Physical release
 Healthy food
 Yoga
 Rest



EMOTIONAL
 Stress management
 Emotional maturity
 Forgiveness
 Compassion
 Kindness

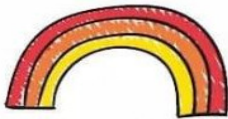


SOCIAL
 Boundaries
 Support systems
 Positive social media
 Communication
 Time together
 Ask for help

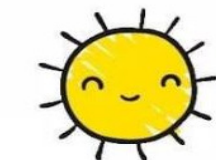


SPIRITUAL
 Time alone
 Meditation
 Yoga
 Connection
 Nature
 Journaling
 Sacred space

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
 "I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself to set the standard.

Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

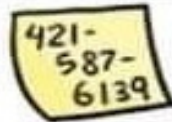
Cultivate interests and hobbies.

EMERGENCY CARE WALL

for sadness

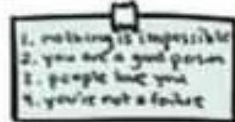


for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



for worry



for other



