



Self-Care Tips for Families

Remember to take time to focus on your self-care during this unprecedented time. Your mental health and well-being are important and will help you through the challenges that come along with school closures. The good news is that self-care doesn't have to be hard. Here are some simple self-care tips that can help you fill your cup:

1 – Stay Active – It's good for your physical and mental health. Go for a walk or check out an easy workout on Youtube. To include your child, consider a stroller walk. If your child is older, maybe an after-dinner walk as a family or play games outside with them, have a silly dance party, or create a fun, active game. If going for a walk, please keep social distancing in mind.

2 – Take a break from news and social media. Get an update once or twice a day from a reputable news source, then spend time with the people (and pets) in your home.

3 – Practice Mindfulness – set aside a short time each day for yourself. Eliminate distractions during this time and focus on the good things in your life. Consider using the free phone application Headspace which has daily meditations.

4 – Nutrition – Make a healthy meal to help your body get the nutrition and energy it needs. Try a new recipe or an old one you love.

5 – Enjoy the Little Things – Try to find joy in the small things we often overlook. Enjoy sunrises or sunsets, blooming flowers, a cozy blanket, a favorite movie, music or sweet treat.

Spend time daily refilling your cup!

