

Self-Care for Families

TIPS TO HELP FUEL YOUR FAMILY'S SELF-CARE JOURNEY

EMOTIONAL

- Write positive notes
- Verbalize & talk about feelings
- Draw self portraits
- Practice positive self-talk

PHYSICAL

- Dance party
- Go for a walk
- Free yoga (Cosmic Kids)
- Good sleep
- Eat a balanced diet

SPIRITUAL

- A gratitude list
- Write thank you's
- Spend time outside
- Talk about forgiveness

MENTAL

- Read together
- Draw or write stories
- Practice belly breaths
- Make vision boards
- Make mindfulness jars

PRACTICAL

- Clean up/declutter
- Assign chores
- Learn about money
- Homework/study
- Have a daily routine
- Create a budget

SOCIAL

- Play in the park
- Call friends/family
- Have family dinner
- Talk about friendship
- Take a break from media