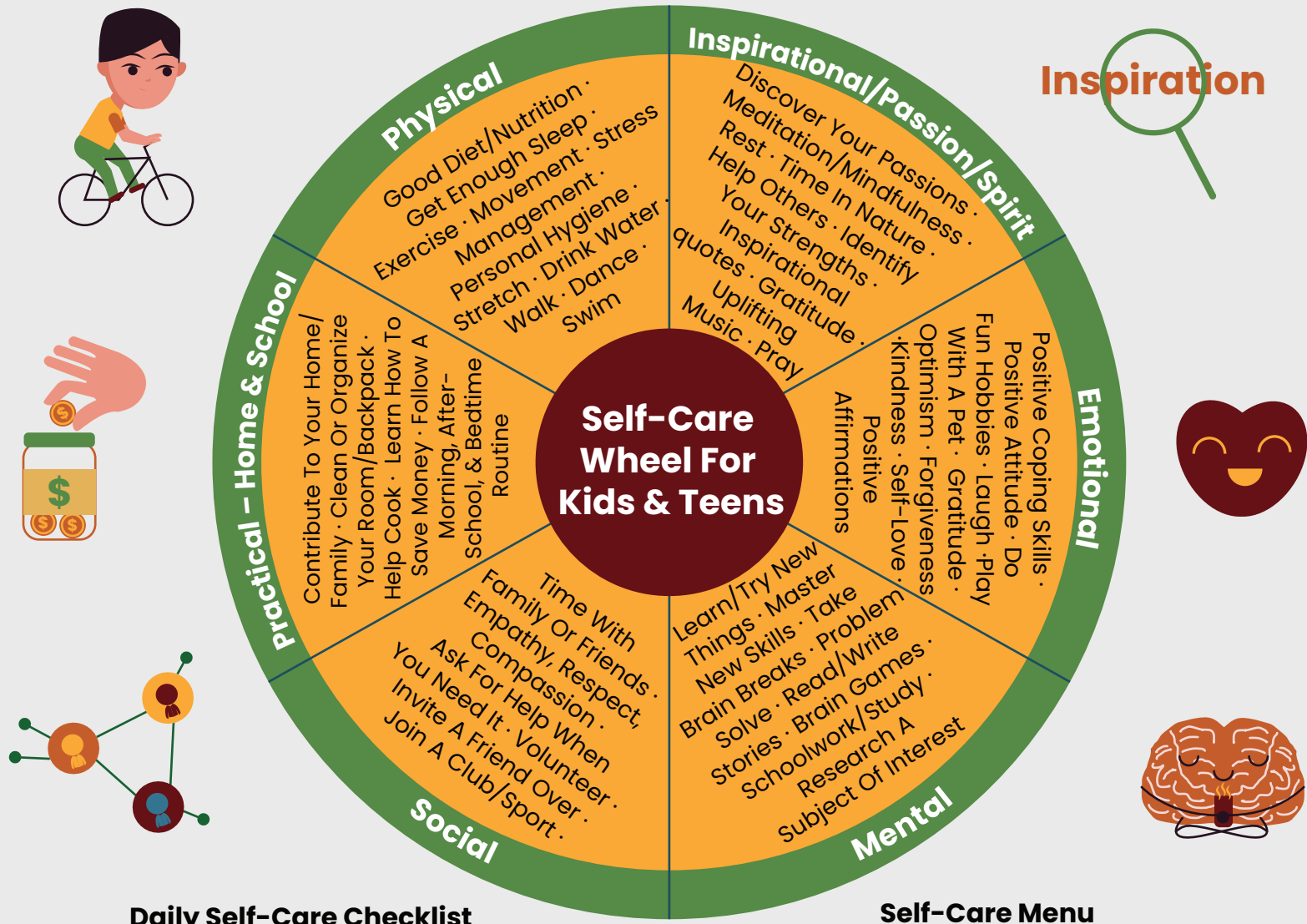


Self-Care For Kids And Teens

Self-care is doing things to take care of our mind, body, and emotions. Self-care helps us to be happy, healthy, and to better manage stressful situations.



Daily Self-Care Checklist

- Eat Three Meals
- Brush Teeth
- Shower
- Drink Enough Water
- Be Active - Get Outside
- Talk To A Friend Or Family Member
- Do something FUN
- Make a Gratitude List
- Take A Break From electronics
- RELAX
- Do Something NICE for someone
- Get to bed On time

Self-Care Menu

Ask Yourself: What do I need to take care of myself?

- Practice Deep Belly Breathing.....5 mins
- Stretch or Do Yoga.....10 mins
- Take A Bath Or Shower.....15 Mins
- Write Down Your Thoughts/Feelings.....15 mins
- Listen To Calming Or Uplifting Music.....15 mins
- Move Your Body Or Exercise.....20 mins
- ZzZ** Take A Nap.....20 Mins
- Call/Talk To A Friend Or Loved One.....20 mins
- Read Or Listen To An Audiobook.....30 mins
- Go Outside/Get Some Fresh Air.....30 mins
- Unplug From Electronics.....60 mins