3 things to do daily to support Self Care

Choose items that are realistic for what you can do.

Why make a plan?

It is important to identify what helps you, creating a plan makes it easier to follow through and holds you accountable.

By encouraging health in staff we are also creating better care for the children we serve.

"If you want deeply rooted change, you need to apply deeply rooted methods."
- J. Goldstein

How I can tell I am not practicing Self Care

To heal, help, & inspire hope
Self Care suggestions

Remember to choose items that are realistic for what you can do.

Physical
- Exercise
- Dance
- Proper Diet
- More Water
- Good sleep hygiene
- Bike ride
- Walk dogs
- Go for a hike

Social
- Call a friend
- Play a game with family
- Volunteer
- Have family dinner
- Plan an outing
- Get out of the house
- Join a group
- Take time to yourself

Mental/Emotional
- Positive Self-Talk
- Mood journal
- Therapist
- Music
- Learn something new
- Watch a move

Spiritual
- Prayer/Meditation
- Yoga
- Guided Imagery
- Connect with nature
- Read scripture
- Attend a service

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