

## 3 things to do daily to support Self Care

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Choose items that are realistic for what you can do.

### Why make a plan?

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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

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## Self Care suggestions

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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 movie

### Spiritual

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

To heal, help, & inspire hope