

Self
Care
Tips

Self care is taking care of yourself so you can be your best self for the children in your care. Identify what fills you spiritually, physically, and emotionally, and take the necessary steps to give yourself the nourishment you need.

- 1 Walk**
Walking allows you to clear your mind and enjoy the fresh air.

- 2 Read**
Drift away from reality for 20 or 30 minutes.

- 3 Laugh**
From there to here from here to there, funny things are everywhere.
Dr Seuss

- 4 Eat Your Vegetables**
Eating healthy helps you feel better mentally and physically.

- 5 Meditate/Pray**
Meditate to improve mental and physical well-being. Pray and give thanks for the opportunity to grow.

- 6 Sleep**
Sleep repairs your body and allows you to be fit and ready for another day.

- 7 Just Say No!**
If you agree to every little thing, you will have no time or energy for the big and important things.

- 8 Talk**
Talk to a loved one or trusted friend to share your thoughts and feelings.

- 9 Attend a Support Group**
Meet with people who have similar experiences so they can provide comfort and ideas for addressing your needs.

- 10 Be Grateful**
Write a list of three things you are grateful to have in your life.
