



How Are You Handling Self Care?

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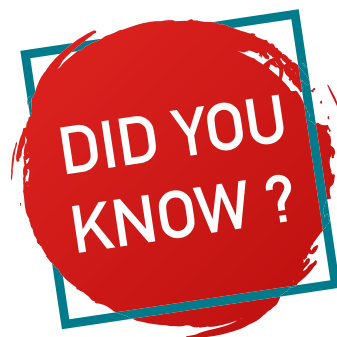
Its All About "Self-Care"

Self-care is an activity that you do in order to take care of your physical health (your body) and mental health (your mind). The best self-care habits are those that can be practiced daily, give you relief from stress, and support a healthy mind and body. You can read a book, exercise, go for a walk, or play with your pet.



Self-care begins when you are little; your parents teach you to brush your teeth, comb your hair, take a bath, and dress yourself. This is part of self-care.

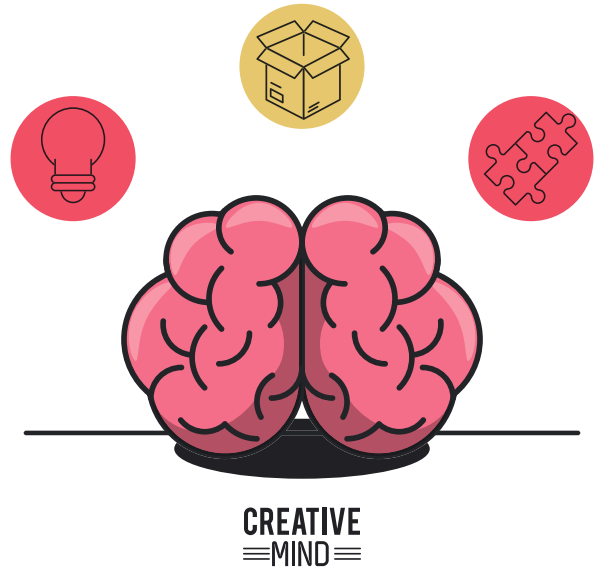
Did you know, **self-care** is as important as doing your school work? For example, if you do not take care of yourself it zaps your energy and you will not be able to handle the challenges at home, in school or with friends.



Two types of "Self-Care"

Mental Self-Care

involves doing things that helps you think clearly and to reduce stress.



- Read a book
- Learn to draw something new
- Put your phone away
- Watch a movie
- Ask for help when you need it
- Stay off social media
- Listen to calm music
- Write down your thoughts and feelings



Two types of "Self-Care"

Physical Self-Care

involves improving your physical health, such as exercising and taking time to rest.



- Go for a walk/ Walk the dog
- Dance / Dancing
- Play tag
- Jump rope
- Play kickball
- Fly a kite
- Wash your hands
- Give your mom or dad a hug



Self-Care TO DO LIST

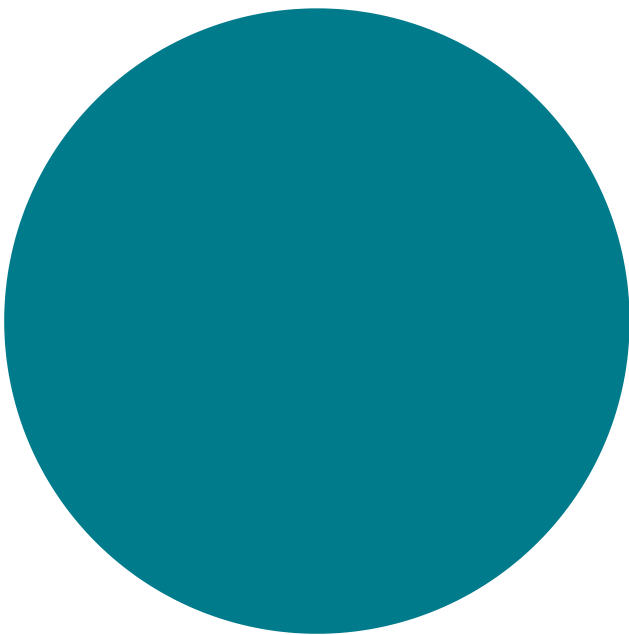
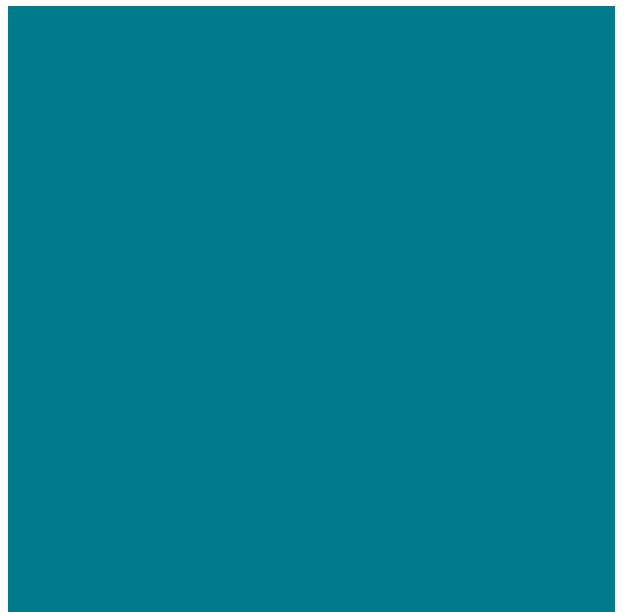
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Self-care will improve your overall mental and physical health. When you are taking care of your body, you are also taking care of your mind.



Let Us Practice Self-Care

Directions: Please Print... Write down physical and mental activities in the shapes below. Take 15 minutes daily to do an activity that helps you with your self-care. Remember, if you need help ask an adult.



Resources and Links for Fun Activities

- <https://www.communityaccessnetwork.org/how-to-teach-your-children-about-self-care/>
- <https://novembersunflower.com/teach-kids-practice-self-care-home/>



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