What is Self-Care?
Self-care is the practice of taking action to preserve or improve one’s own health. Self-care practices can be used to promote your physical, mental, social and emotional health and well-being. During times of stress, our overall health tends to decline. Utilizing self-care practices helps us stay healthy and able to handle stress better. As adults/parents, if we are practicing self-care, we will be better able to care for our children as well as teach them proper self-care habits.

Good vs. Bad Self-Care Strategies
Many people often misunderstand what good self-care strategies look like. They think that having some dessert, watching your favorite show, or playing video games is practicing good self-care. While those things are fine once in a while, and might make you happy in the moment, they aren’t benefitting your overall well-being long-term. When we talk about practicing good self-care, we talk about the things we can do to positively impact our overall health. Below you will find a list of some self-care strategies and activities you can use to boost your physical, mental, social and emotional health.
Self-Care Strategies

- **Physical**
  - Getting enough sleep
  - Sticking to a daily routine or schedule
  - Waking up and going to sleep at the same time each day
  - Sticking to a healthy diet
  - Spending time outdoors with nature
  - Exercising regularly
  - Limiting screen-time
  - Yoga

- **Social-Emotional**
  - Spending time with family and friends
    - Go to a movie
    - Go out to eat
    - Play a card or board game
    - Go to the mall
    - Do an escape room
    - Play a sport
  - Practice Mindfulness
    - Yoga
    - Breathing exercises
    - Progressive Muscle Relaxation
  - Do some reflective journaling
  - Find ways to process your emotions
    - Talk to family or friends about your feelings
    - Go to counseling or therapy
    - Keep a feelings log
  - Any activities that relax you
  - Say no when you need to

- **Mental**
  - Find activities to stimulate your brain
    - Crossword puzzles
    - Word searches
    - Sudoku
    - Trivia
    - Read
    - Escape rooms