



Weekly Wellness Tip

Benjamin E. Mays Families & Staff Resources and Ideas

Make Time for Self-Care

Self-care isn't just for grown-ups, it's for everyone. But what does self-care mean?

- Self-care is the habit of making time to do the things that take care of YOU! This can be done through:
 - Physical care - care of your physical body through exercise & healthy eating
 - Emotional & Social care - care of your feelings and relationships with family and friends
 - Sensory care - care of your five senses through things that delight and bring pleasure, like enjoying the warmth of the sun on a spring day
 - Mind care - care of your brain through creating or learning something new
 - Spiritual care - care and nourishment of the soul, the essence of you
- Self-care is as individual as you are and it can be done alone or with others.
- Sometimes people confuse self-care with self-indulgence
 - But genuine self-care doesn't have to cost money and it can also be quite simple
- Some self-care ideas can be:
 - Taking a nap
 - Learning a new song or dance
 - Playing a board game as a family
 - Curling up with a good book
 - Writing down or painting your feelings
 - Keeping your body hydrated
- Try [Kids Self-Care Bingo](#) this week and see if you can fill a line!



Sources:

<https://www.actionforhealthykids.org/activity/create-a-family-self-care-plan/>

Forte, Paul S., "Prioritizing Self-Care When You Just Don't Have the Time," April 28,2020, MACMH Conference

