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FUN & AFFORDABLE Family Self Care Tips

01



Make Time for Yourself

Give yourself small breaks
Reconnect with things you enjoy

02



Be Realistic

Practice forgiveness and self compassion
Sometimes the path of least resistance is the right path

03



Set Boundaries

Limit consumption of news
Take a social media hiatus

04



Keep Routines in Place

Print out a family schedule
Change activities at predictable intervals

05



Stay in Touch Virtually

Keep in touch with friends and family through
phone calls, FaceTime, Zoom, Skype, etc

06



Brainstorm Future Plans

Talk about things to do or places to go after the
pandemic ends

07



Be Creative

Incorporate new activities: puzzles, games, baking, etc
Start a new art project

08



Get Physical Activity

Take a daily walk, or bike ride or do yoga
Try an on-line fitness workout

09



Take Time for Mental Rest

Practice mindfulness, relaxation, slow breathing, etc
Give space. Everyone needs some private down-time

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Menu planning

Try to cook or bake something new
Have kids help to menu plan or prepare meals

SOURCES

1. <https://storage.trailstowellness.org/trails-2/covid-19-resources/tips-for-supporting-student-wellness-during-covid-19-with-mi-and-national-resources.pdf>
2. https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Helping-Kids-Cope-While-Sheltering-in-Place.pdf
3. https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
4. <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>