



## Helpful tips for finding time for Self-Care

Self care like anything else requires a commitment.

It can feel overwhelming to set aside time for ourselves- but we must!

We can learn, practice, and rework small ways to find self-care throughout our days and weeks.

### Pick a Place and Make a Schedule

Set a place and pick a time to practice self-care and mindfulness.

Try picking an area big or small to dedicate as your space to relax and be mindful.

Try to pick a time that works best for you and your schedule (before bed, right when you wake up, etc.)

### Self care as Mindfulness

We can practice mindfulness when we focus our attention on the task in front of us.

Giving your mind one task to focus on can relieve stress and promote self-care.

We need to care for ourselves before we can be fully present and helpful with our families!





### **Centering Activities**

Try to take time and ground yourself. Take notice of the areas of your body that are truly making contact with the earth and your environment.

Try asking yourself these questions:

How does the floor feel under my feet as I brush my teeth?

How can I relax my shoulders when I do the dishes?

Is my forehead scrunched? Can I relax my eyes?

### **Journaling**

Taking the time to journal and reflect can provide you with self-care and self-confidence. Positive self-talk and journaling is an important technique used in self-care. Remember this journal is for you and you don't need to share it with anyone. Let your journal be a safe space for you to release and relax after the day. Try to create a journal that allows you to express your emotions, hopes, dreams, and reflections. You can use markers, pens, collage materials, paint, pictures, etc. anything that allows you to express yourself.

*Journal Prompts:*

What went well today?

How can I be more present?

Am I giving myself enough support? Who supports me? What supports me?

