### Self-Care for Families

#### TIPS TO HELP FUEL YOUR FAMILY'S SELF-CARE JOURNEY

# EMOTIONAL

- Write positive notes
- Verbalize & talk about feelings
- Draw self portraits
- Practice positive self-talk

## PHYSICAL

- Dance party
- Go for a walk
- Free yoga (Cosmic Kids)
- Good sleep
- Eat a balanced diet

# SPIRITUAL

- A gratitude list
- Write thank you's
- Spend time outside
- Talk about forgiveness

#### MENTAL

- Read together
- Draw or write stories
- Practice belly breaths
- Make vision boards
- Make mindfulness jars

# PRACTICAL

- Clean up/declutter
- Assign chores
- Learn about money
- Homework/study
- Have a daily routine
- Create a budget

SOCIAL

- Play in the park
- Call friends/family
- Have family dinner
- Talk about friendship
- Take a break from media



Children's Mental Health Matters! Campaign brings together non-profits, schools, and other agencies with the following goals: raising public awareness of the importance of children's mental health and substance use, helping reduce the stigma of mental health, and connecting families, educators and providers throughout Maryland with resources to help children.