

SELF-CARE CHART

Get Organized

1. keep a calendar to mark times and places where you have to be
2. take time to organize each part of your home
3. make a to-do list each day

Talk and visit with other people

1. talk with other parents once a week.
2. spend time with your friends
3. find someone to talk to about problems
4. have fun!

Healthy Mind

1. when things get too wild, stop. Try to relax and be calm.
2. spend time outdoors. Take a walk; go to the park; sit by a lake.
3. relax! Take a bath, listen to music, or read.

Healthy Body

1. eat healthy food
2. don't drink a lot of alcohol
3. get enough sleep
4. exercise

Now choose one new self-care activity to do for yourself this week. Write this activity here. Enjoy it! This is for you.

