

how to: self-care

Part 2

Mental Health America

suggests the following to get you started on your self-care journey:



1

adopt a healthy lifestyle! Eating well, exercising and physical movement, and getting plenty of sleep.

2

see people you care about - be intentional about surrounding yourself with people that lift you up and bring positivity to your life.

3

do something you enjoy every day! It can as simple as watching your favorite show or cooking your favorite meal.

4

find a way to relax - try meditation or yoga, or practice breathing techniques! These will help you feel recharged and refreshed.

have you downloaded the self-care checklist?

Go back to the accompanying checklist from part 1.

Where did you put your checkmarks? The things you currently do that bring you joy.

What about your X's? These are the things you struggle with and wish you did more.

Connect the two and consider ways you can engage in these activities together!

loving-kindness meditation

what is it?

mentally sending goodwill, kindness, and warmth towards others through a series of repetitive mantras.

the regular practice of loving-kindness meditation can lead to an increase in daily positive emotions, while decreasing symptoms of anxiety and depression.

engaging in loving-kindness meditation can bring great satisfaction with your own life and relationships with others!



Remember: Self-Care is NOT selfish-

make sure you download the Self-Care Deep Dive list of resources for links to the information found in this infographic!



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