

Self-Care Tips



Keep a routine: Setting and sticking to a regular schedule is key, even when everyone is home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress.



Add new activities: Expand your routine by trying doing a puzzle or having family game time in the evening. For example, families can cook/bake their way through a favorite cookbook, find a recipe online or learn a favorite family recipe.



Stay Active: Build in physical activities that help everyone get some exercise (without contact with other kids or things touched by other kids, like playground equipment). Take a daily family walk or bike ride or do yoga — great ways to let kids burn off energy and make sure everyone is staying active.



Get enough sleep: Sleep is very important to your overall health and well-being. Kids who regularly get an adequate amount of sleep have improved mood, attention, behavior, learning, memory and over mental and physical health.



Practice good nutrition: Healthy eating habits are important to maintain good physical and mental well-being. A well-balanced diet helps kids stabilize their energy, improve their minds, balance their moods, maintain a healthy weight, and prevents other physical and mental health conditions. Try to limit unhealthy sweet and salty snacks by making fruits and veggies more appealing.



Be creative: Look online for lists of arts/crafts activities and science projects- often you can find things that only involve household items.



Limit news media: Staying informed is important, but it's a good idea to limit news and social media that has the potential to feed your anxiety. Turn the TV off and mute or unfollow friends who are prone to sharing panic-inducing posts.



Stay connected: Maintain virtual communication with others. Keep your support network strong, even when you're only able to call or text friends and family. Socializing can improve your mood and helps you stay grounded.



Keep open communication: If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. Remember.....You're not alone.



Think positive: A great way to keep our minds off our worries is to focus our thoughts on things that are good, beautiful, and positive. Allow yourself to dream, wish, and imagine the best that could happen.