# **Self-Care for Families**

Level Up Health and Wellness - Health Coach Susan Tillery



#### **Emotional Self-Care Practices**

Watch a good movie together

Write each other positive notes

Verbalize and talk about feelings

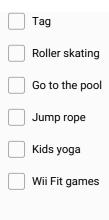
Draw self portraits

#### Say "I love you"

- Spend time writing
- Spend time reading
- Have a sing along
- Tell jokes
- Try a new craft

#### **Physical Self-Care Practices**

- Dance Party
- Go for a walk
- Family bike ride
- Go for a hike
- Play kickball



#### Spiritual

Create a	gratitude list
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Go outside in nature

Talk about forgiveness

- Write Thank You's
- Volunteer

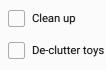
Practice positive self talk

Plant a tree

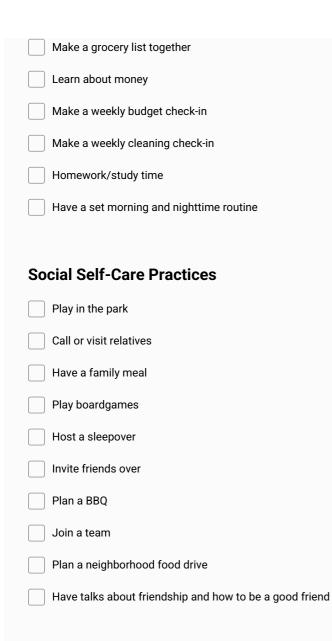
### **Mental Self-Care Practices**

- Read together
  Draw or write stories
  Meditation
  Find shapes in clouds
  Practice 5-5-7 Breathing
  Go on walk to find new things
  Create vision boards
- Create mandalas
- Create mindfulness jars
- Play mind strength games like Memory

#### **Practical Self-Care Practices**



Assign chores



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