

# Help Your Child Practice Self-Care

## What is self-care?

Self-care means taking time to do things that you enjoy or that make you feel better. It can include activities you normally do and new things you are trying. Self-care activities may add meaning to your health while also supporting your life. They can also help reduce the effects of negative stress on your life.

Source: The Centre for Addiction and Mental Health

## Supporting Positive Behaviour at Home September 2024



### 1. eat well

- Take time for breakfast, lunch and dinner.
- Eat more fruits and vegetables, and less unhealthy food.
- Make water your drink of choice.
- Make a meal plan for the week, and try to stick to it.



### 2. move your body

- Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.
- Find a friend and try walking, riding a bike or taking an exercise class.
- Try working out at home: Use an exercise app or workouts on YouTube, or turn chores into exercise.



### 3. pay attention to yourself

- Aim for a balanced lifestyle as much as possible.
- Try to identify the things in your life that help with your mental and physical health, and those that don't.



### 4. sleep well

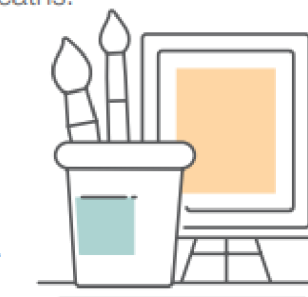
-  Aim for eight to 10 hours of sleep each night. Try to go to bed and wake up around the same time every day.
- Create a relaxing bedtime routine.
  - Try reading a book or meditating.
  - For an hour or two before bed, use a blue light filter on your devices (or put them away).

## self-care is for everyone



### 5. slow down

- Set a time each day to do something relaxing.
- Go for a calming walk or take a few slow, deep breaths.
- Learn a new skill, join a club or try a new activity.
- Write in a journal, draw or play music.



### 6. talk to people

Share what's on your mind, especially if you are finding things challenging.



Think about your positive relationships. These could involve family, friends, teachers, coaches or others that support you. Try to connect with them.



If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT 686868 to chat with a volunteer crisis responder.