

Self care is very important. It helps us stay healthy. It is a good way to be kind to yourself.

Here are 5 ideas for self care:

#### 1. Start with Your Needs First

Before you take care of your family, take care of YOU! What do you need? Quiet, rest, food?

#### 2. Schedule It

Put self care on your calendar so you won't forget and you won't get too busy. Find 10 or 15 minutes a couple of days each week and schedule self care.

#### 3. Prioritize

Make self care a priority. Don't forget it or move it to another day or time because something else gets in the way.

#### 4. Say No Sometimes






You can't do everything for everyone. Decide if you have the time and energy to help your friend. Set limits with your children.

#### 5. Focus on Little and Often

Take a little time each day and do something for YOU! Ten minutes of self care every day or a few days each week is good for you.

## 5 step guide – notes

Fill in the heading that fits the category and write a note about that idea.

Idea	Fill in the missing words...
	<p>1. Start with _____ needs first</p> <p>_____ you take care of your family, take care of _____</p>
	<p>2. Schedule _____</p> <p>Put self care on your _____ so you won't forget.</p>
	<p>3. _____</p> <p>Don't _____ self care or move it to another day.</p>
	<p>4. Say _____ Sometimes</p> <p>Decide if you have the _____ and _____ to help your friend.</p>
	<p>5. Focus on _____ and _____</p> <p>_____ minutes of self care every day is good for your health.</p>