

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