WHITEFORD ELEMENTARY SCHOOL

COUNSELING CORNER

WHAT IS SELF-CARE?

Simply, self-care is the practice of identifying and establishing behaviors to promote health, both physical and mental, and reduce stress. There are things we can **intentionally** engage in daily to maintain our overall well-being. This requires checking in with yourself and asking how you're feeling emotionally, physically, and mentally. Self-care is **not** the same for everyone!

Self-Care BINGO

Self-Care & Mental Health Tips for Kids — BlessingManifesting

QUICK FACTS

- Self-care doesn't have to cost a dime.
- Self-care doesn't have to be time-consuming.
- What self-care looks like to you can look different to the next person you talk to.
- Tip: If your desired self-care task appears too daunting, choose a different activity for the day, week, month, etc. until you're ready to continue!

TYPES OF SELF-CARE

Emotional

Emotional self-care can consist of journaling, meditating/grounding, or practicing gratitude. To understand emotional self-care, you must first notice how you speak to yourself. This is the first step in being able to care for yourself emotionally and break an unhealthy habit.

Physical

Physical self-care will depend on your lifestyle. Someone who is sitting all day may enjoy getting up and doing something like taking their dog for a walk. Someone who is on their feet all day may enjoy yoga or a bubble bath to wind down. Some other examples include going for a bike ride, getting a massage, or taking a nap. Physical self-care can be much simpler than this though. Brushing your teeth and eating a healthy meal can also be forms of physically taking care of yourself.

Mental

Mental self-care is all about understanding your mind and includes anything to specifically stimulate your brain and thinking. This includes listening to a podcast, trying a new hobby, or reading a book.

Social

As humans, we need regular connection with other humans. Social self-care helps nurture our connections with others. Examples of social self-care include hosting a game night with friends, snuggling up to your pet, or mailing a thoughtful card to someone special.

Practical

Anything you do to fulfill your basic needs and reduce stress can be considered practical self-care. These are activities like cleaning your room, setting out your outfits for the week in advance, or committing to a better sleep schedule.