

Tips For Self-Care



"Self-care is never a selfish act- it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others." -Parker Palmer

- In the morning, listen to music that inspires and motivates you.
- Turn off your phone and step away from electronics for the whole day
- Spend time creating something- song poem, collage, painting, comic, etc.
- Swing on a swing set! Remember how much fun it is!
- Dedicate a day to learning more about the local history where you live.
- Learn a new board game you've never played before.
- Roll out a blanket in the grass and have a picnic.
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- Try journaling if you've never tried it before. There are lots of resources online to get you started.
- Get 15 minutes of sunshine, it can improve your mood and benefit your health.
- Play some music and start dancing! Have fun and be silly.
- Share a kind smile with strangers on your way to and from work
- Buy yourself flowers!
- Go in a virtual tour of the Smithsonian Institute or watch the live webcams of the animals at the National Zoo.
- Watch a stand-up comedy show on YouTube, laughter really is the best medicine.
- Take a moment to breathe deep for one minute. Relax your shoulders, unclench your jaw and focus on feeling the tension leave your body
- Go outside and do some cloud watching. Have fun and try to identify different shapes.
- Commit to drinking more water, the benefits are endless.
- Find somewhere you can skip rocks on water and hear the gentle sounds of nature.
- Relax and take a bath with epsom salts, essential oils or a candle or two.
- Find a healthy new recipe and prepare a delicious meal using fresh ingredients.

Michigan Family to Family Health Information Center

(MIF2F) exists to share resources, information, and learning opportunities for families of children and youth with special health care needs across Michigan, and also for the community partners and healthcare providers who care for them.

MI F2F offers:

- Information and resources related to caring for a child or young adult with special healthcare needs.
- Parent peers and individuals with experience navigating the maze of special health care services and programs.
- A network of Family Leaders across Michigan to help us identify community supports and resources for families.

www.f2fmichigan.org



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