

## Self-Care for Families

Caring for yourself is one of the most important things you can do as a caregiver. When your needs are met, the person you care for will benefit, too. The following are some effective tools Empath Health has identified for self-care.

### Types of Self-Care

#### Emotional

- Watch a good movie
- Write the patient positive notes
- Verbalize and talk about feelings
- Draw self portraits
- Say "I love you"
- Spend time writing
- Have a sing-along
- Tell jokes
- Try a new craft

#### Practical

- Clean up
- Declutter old toys
- Assign chores
- Make a grocery list together
- Learn about money
- Make a weekly budget check-in
- Make a weekly cleaning check-in
- Homework/study
- Have a morning and night routine

#### Mental

- Read together
- Draw or write stories
- Meditate
- Find shapes in clouds
- Practice belly breaths
- Go on a walk to find new things
- Make vision boards
- Try Headspace for kids
- Create mandalas
- Make mindfulness jars
- Play mind strength games

#### Spiritual

- Make a gratitude list
- Talk about forgiveness
- Write thank you letters or cards
- Volunteer
- Spend time outside or with nature
- Practice positive self-talk
- Plant a tree

#### Physical

- Have a dance party
- Go for a walk
- Take a family bike ride
- Take a hike
- Play kickball
- Play tag
- Go roller skating
- Go to the pool
- Jump rope
- Practice yoga
- Play active video games

#### Social

- Play in the park
- Call or visit relatives
- Have a family dinner
- Play board games
- Host a sleepover
- Invite friends over
- Plan a BBQ
- Join a team
- Do a neighborhood food drive
- Have talks about friendship and how to be a friend

**Remember, Empath Health is here to support you.**

**Call Empath Health with any questions (888) 855-2838:** \_\_\_\_\_

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