

# PRIORITIZING SELF-CARE

As parents and caregivers, you know you need to take care of yourself. You have likely heard that caring for children and youth with trauma histories increases your risk of succumbing to compassion fatigue. Therefore, incorporating self-care into your daily lives should be a non-negotiable priority.

Yet self-care is often postponed to a later date and time, or we promise to focus on self-care when we have more time, energy, or a combination of both. When self-care is not prioritized, all of us are susceptible to feeling emotionally, mentally, and physically drained. Developing a daily self-care strategy can entail small things requiring little time, energy, or financial investment.

Start by identifying activities that bring you joy, relaxation, and rejuvenation. Some ideas for your consideration: going for a walk, journaling, meditating, calling a friend, reading, listening to music, going to a coffee shop, spending some quiet time alone, or taking a nap.

Identifying what brings you peace and comfort is key to incorporating your self-care strategies into your daily routine. Prioritizing your emotional, physical, and spiritual health care needs can help you be at your best for your family.

We have created two simple and print-friendly tools that you can use to challenge your usual routine of self-care or to start one.

Want more self-care resources? Try this free [Self-Care E-series](#) or check out the [Self-Care Virtual Resource Kit](#).



# MY DAILY SELF-CARE PLAN

How I am feeling today...

Things I can do to take care of my needs throughout the day

Physical Needs:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Social Needs:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Emotional Needs:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Spiritual Needs:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Self-Reflection at the end of the day...

# SELF-CARE CHALLENGE BY THE DOZEN CHECKLIST

Take a walk

Read a book

Connect with an old friend

Try something new

Get 8 hours of sleep

Practice deep breathing or meditation

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