

Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how YOU can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break from stressful activities.



2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in awhile. Make a plan to do the things on your list soon!



3 Learn to Relax

Take some time to do something that relaxes you and calms your mind. This might mean turning off electronics and going out in nature. You could also try meditation, stretching or listening to calm music.



4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night, exercise often and eat healthy meals.



5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad or upset.



6 Share Your Feelings

It is helpful to find someone to talk with about your feelings. This could be a family member, a close friend or a counselor. Talking about your feelings is a healthy way of coping and can help you feel happier.