

CREATE A FAMILY SELF-CARE PLAN

MAKE TIME TO PLAN:

MAKE SURE EVERYONE CAN BE PRESENT. TRY AFTER DINNER OR ON A WEEKEND WHEN EVERYONE IS HOME.

SET GOALS:

TRY THINGS LIKE REDUCING SCREEN TIME, REDUCING STRESS THROUGHOUT THE WEEK, HAVING BREAKFAST TOGETHER, DAILY JOURNALING

BRAINSTORM ACTIVITIES

MAKE A LONG LIST OF SUGGESTIONS, THEN BEGIN NARROWING DOWN WHAT WILL WORK BEST FOR YOUR FAMILY. DECIDE ON 5-6 ACTIVITIES.

EXAMPLES: CREATE A WATER TRACKER, TAKE TURNS COOKING HEALTHY DINNERS, RESERVE TIME TO CHAT WITH EACH OTHER, PLAY GAMES TOGETHER, WORK OUT REGULARLY, SPEND TIME OUTSIDE WALKING OR PLAYING.

FREQUENCY:

HOW OFTEN WILL YOU DO EACH THESE THINGS? MAKE SURE YOU'RE BEING REALISTIC AND KEEPING YOUR SCHEDULES IN MIND.

KEEP IT WHERE YOU CAN SEE IT:

PUT YOUR PLAN SOMEWHERE EVERYONE WILL SEE IT!