

Quick Tips to Practice Self-Care

It's All About You

Self-efficacy and self-compassion are an important part of self-care. Self-efficacy is the belief in oneself, and self-compassion is about treating ourselves with the same kindness that we would treat a good friend. It is important to respond to mistakes, inadequacies, and failures with compassion instead of criticism. Acknowledge that imperfection is a shared human experience and everyone makes mistakes.

Breath In, Breath Out

Learning to practice mindfulness, advocate for oneself, and create healthy boundaries are all important parts of growing up. Learning self-care can greatly influence academic motivation, learning, and overall achievement and well-being.

Four Tips That Can Help:

1. **Engage in Positive Thinking.** Challenge yourself and your child to engage in positive thinking. Instead of focusing on negative thoughts, replace those with something positive. It can also be helpful to write these down in a journal to reflect on the positive parts of our day/week/month/year.
2. **Prepare and Practice.** Write down various scenarios in which your child may need to advocate for themselves, whether it be with friends, siblings, teachers, or coaches and discuss.
3. **Be Present.** Be in the here and now. Mindfulness increases positive emotions, while reducing negative emotions and stress. Engage in mindfulness activities with your child.
4. **Daily Affirmation.** Use a daily affirmation board in your house and write positive notes about oneself and others. Each family member has a day of the week in which they write a note beside the name of everyone in the house. This can be as simple as “thank you” or more complex.

Try the **Cultivate Healthy Thoughts** mini-course to learn how managing our positive thoughts and emotions produces more effective actions and results in life.

Take a Deep Breath.



Be Kind to Yourself

Not only is it important to help your child quiet their inner critic, but this is also just as important for parents and caregivers. Teach your child by being a role model of how to engage in self-care.

Here's A Related Exercise:

Set a goal and keep track:

Along with your child, take 5 minutes to think about your own strategies for self-care. Circle those that apply to you or add your own! Then, check in weekly to see how frequently you both are using your self-care strategies.

Exercise	Use a daily gratitude journal	Aim for a healthy diet
Have a device-free dinner	Take a bubble bath	Take a walk alone
Take breaks when needed	Say "no" when your schedule is full	Listen to a podcast
Yoga/meditation	Watch a funny movie	Read a book or magazine
Praise yourself for reaching a goal	Write a positive note on your mirror	Stick to a regular sleep routine

Tips for making it happen:

- Choose something you enjoy
- Add it to your calendar
- Reward yourself for reaching your goal

References: Written by the parenting experts at RethinkCare.

Where can I learn more?

Use the RethinkCare app to **Improve Your Child's Self-Care.**