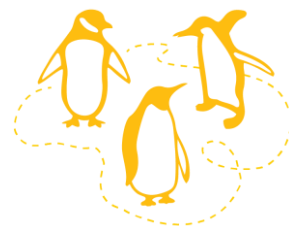


Reframing Self Care



It's not new news that taking care of ourselves leads to lower stress, improved mental health, and enhanced resilience which allows us to be the best versions of ourselves for ourselves, our family, and our communities.

But how do we actually make self care happen with kids, job, and a full life? Use the following exercise to find ways that you can reframe self care and make small changes that yield big results.

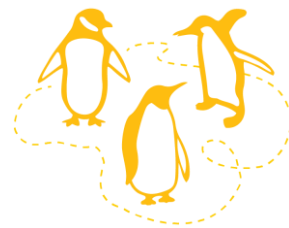
Step 1: List activities that you do on a daily basis that make you feel grounded and present. Think of small things (ex. quiet cup of coffee, straighten up the kitchen, your facial routine)

Step 2: Sometimes an intentional disruption to routine is needed. Write down activities that bring you joy and rejuvenation that you can make happen when you need that occasional reboot.

Step 3: Ask your family members to fill in their information. Don't assume – have an actual conversation. Discuss ways to help each other make the time for daily activities and ask for help recognizing when a reboot is needed (it can be hard to recognize in ourselves until it is long overdue).

Your Daily Grounding Activities	Your Occasional Reboot
Their Daily Grounding Activities	Their Occasional Reboot

Reframing Self Care



Are you part of a larger family? Use this expanded grid to capture the daily grounding activities and the occasional reboot activities for others in your household.

Name	Daily Grounding Activities	Occasional Reboot