

Self Care and Coping Skills

Self-Care Tips:

- <https://www.therapistaid.com/worksheets/self-care-tips.pdf>
- <https://kidshelpline.com.au/teens/issues/self-care>

Grounding Techniques:

- <https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

Support Child Emotional Health:

- https://www.huffpost.com/entry/ways-to-support-child-emotional-health_l_5f51664dc5b62b3add3e02ba?MvBriefArticleId=46344

Resources & Support for technique:

- General Coping Strategies:
 - [Coping Skills For Kids](#)
 - [Helping Kids Develop Coping Skills](#)
 - [Students Teach Students: Using Student Essays To Build Coping Skills and Self-Esteem](#)
 - [Teach Relaxation Skills](#)
 - [Coping Skills for Trauma](#)

Self-Care Activities:

<https://www.crayola.com/free-coloring-pages/new-coloring-pages/>

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say 'No' to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	Self-care is not selfish. You can't pour from an empty cup.			

ACTION FOR HAPPINESS www.actionforhappiness.org
Keep Calm - Stay Wise - Be Kind

10 Ways for Parents to Relax - Remember to take care of yourself as a parent:

- <https://lifestyle.howstuffworks.com/family/parenting/parenting-tips/10-ways-parents-relax.htm>