Self-Care for the Whole Family

Emotional

- Watch a movie
- Write each other positive notes
- Talk about feelings
- Write a gratitude list

Mental

- Read together
- Write or draw stories
- Try a new craft
- Tell each other jokes

Physical

- Cook together
- Have a dance party
- Turn off screens for a good night's rest
- Build a fort

Social

- Sit down for family meals
- Reach out to friends and family
- Play board games together
- Limit stressful social media

Practical

- Assign chores
- Make a grocery list together
- Have a morning and night routine
- Declutter old toys

Reach out for help

Listen to your body for signs of stress and ask for help when you need it.

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Youth Crossroads