

Self-Care & Mental Health



Share your own feelings to encourage self-awareness.

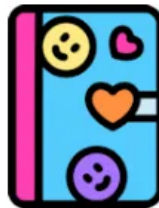
Recognize toxic stress events.

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.

Tips for Kids

Set aside time for low stress or solo activities.



Encourage journaling and writing.

Encourage them to focus on the moment.



Blessing Manifesting



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."



Establish a self-care routine.