

Self-Care for Families and Family Members

Modified from: <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

What is self-care?

Self-care is any individualized activity that we do deliberately in order to take care of our mental, emotional, and physical health. Good self-care should reflect your culture, needs, interests, desires, creativity, resources and values. It's key to a good relationship with oneself and others. Self-care does not have to cost any money and does not have to take a lot of time.

Why is self-care important for family members?

By exercising your own self-care, you can keep yourself balanced and in good mental, emotional, and physical health. This allows the relationships around you to be healthy and grow because you are in a good space. Practicing self-care daily better prepares us for staying balanced on days that a crisis may occur.



“People who wonder if the glass is half empty or half full, miss the true point... The glass is refillable.” ~ Anonymous