



Healthy Options that Promote Excellence

Self-Care Tips for Youth and Families

Kiyana Kelly, MPA • Associate Agent, FCS/Youth Development

Self-care has become a trending topic in recent years and a necessity for many.

The World Health Organization defines self-care as the *ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider.*

Oftentimes, barriers such as guilt, time constraints, lack of understanding, and planning play a factor in the lack of self-care recognition.

The absence of self-care can affect a person physically, psychologically, emotionally, and spiritually, in school, and in the workplace. Self-care helps one prioritize their health and adopt healthy lifestyle habits.

Self-care strategies are essential to everyday life and are unique to an individual's preference.

When adopting self-care strategies, the goal is to participate in activities that bring fulfillment into your life.





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SELF-CARE TIPS

- Develop a bedtime routine.
- Aim for a healthy diet.
- Exercise regularly.
- Keep a journal.
- Turn off your email and cell phone.
- Make time for relaxation.
- Make time for friends and family.
- Write three good things that you did each day.
- Talk about your feelings.
- Practice meditation and deep breathing.

Always remember: "Self-care is not selfish!"

But I messed
Be
up again



References:
Self-Care Skills and Strategies for Foster Parents - The Annie E. Casey Foundation (aecf.org)
Self-Care for Families and Youth (pa.gov)
Self-Care for Youth and Families (sdstate.edu)



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