

## Module 10: Supporting Children for Life Success

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### Step 2: Identify strategies you already use

Write down a list of self-care strategies you currently use. Below are some examples of activities; think about which of these are meaningful to you as you make your list.

#### Examples of Self-care

<b>Physical Self-care</b>	sleep, nutrition, exercise, regular health care visits
<b>Emotional Self-care</b>	maintaining personal and professional support systems, counseling and/or therapy as needed, journaling, talking about feelings in healthy ways
<b>Cognitive Self-care</b>	reading for pleasure or work, writing, engaging in continued education for additional knowledge/skill
<b>Social Self-care</b>	spending time with people you enjoy, having fun and playing, belonging to groups and activities that encourage positive social connections
<b>Financial Self-care</b>	balancing a checking account, planning for the future, spending money in thoughtful and productive ways
<b>Spiritual Self-care</b>	meditation, contact with nature, prayer, participating in worship

### Step 3: Identify new strategies

Are there strategies you think doing more of that will help relieve your stresses? Make a list.

### Step 4: Identify obstacles of self-care plan

List any obstacles that may be preventing you from practicing better self-care.