



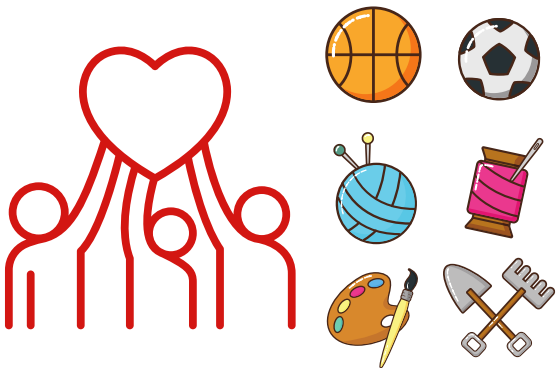
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Self-Care Helpful Tips

Resource for Families and Early Educators

Take Care of Yourself

- Do activities that help you relax (massage, walk, hike, garden, or read).
- Take a break if you need it. Carve out time for yourself!
- Eat well, exercise, get enough rest.
- Try to create a balance between work and your personal life.
- Take time throughout the day to breathe deeply & slowly.



- ## Use Your Support System
- Reach out to your friends or family for support when you need it. For example, ask for help with chores, ask a friend to pick up your child from school, or reach out to a coworker for help if you need it.
 - Spend time with loved ones and join activities that bring you joy like hobbies, sports, recreation, and more!
 - Utilize community resources for help when you most need it, such as mental health challenges, material needs, or domestic violence.

Welcoming and Expressing Gratitude

- Take a moment and remember the impact you have made for others in your neighborhood, in your community, and with your family and friends.
- Practice gratitude for someone or something you value in your life. Immerse yourself in the emotions associated with this, thinking about the gratitude and joy this surrounds you with!

“According to the National Institute of Mental Health (NIMH) (2022), even “small acts of self-care,” such as relaxing activities and gratitude practices, can be impactful.”

Source: <https://cssp.org/wp-content/uploads/2018/08/Self-Care-for-ECE-Providers.pdf>
and <https://www.naeyc.org/resources/blog/simple-and-lasting-mindful-emotional-management-habits-early-childhood-educators>

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