



SELF-CARE *for Pre-Teens*

So, what is self-care anyway?

Self-care is a term used for activities and practices that we can engage in on a regular basis to lower stress and increase our health and well-being.

Why is self-care important for me?

Self-care is necessary to show love and compassion to ourselves! Sometimes life is stressful, especially when you have food allergies, so we all need to take time to relax and reconnect every day.

What do I do for self-care?

1 Get Creative!

From drawing, painting, crafting, photography, writing, singing, playing an instrument, and sewing there are so many ways you can express yourself through art or media! This can be incredibly calming and engaging for your brain.

2 Put Down the Phone

Phones and social media are not inherently bad, but we all need a break sometimes. Too much consumption of social media has been proven to be unhealthy. Put it down and instead read a book, hang out with a friend, or try something new (like meditation)!

3 Get Moving!

Moving your body is incredibly healthy for you, not to mention it relieves stress. You can do this by taking a nature walk, going to the gym, playing with your dogs, dancing, trying yoga, or playing a sport!

4 Do Something YOU love

Self-care is all about doing something that will make you happy. It looks different for everyone, so take some time and explore what you enjoy doing. Maybe your self-care will be cooking (allergen friendly foods), laying in the sun, cuddling your cat, or listening to music. Self-care can be anything you want it to be.

Challenge yourself this week, and do something that puts YOU first. You are important and worthy of love!

