

Self-care for Families

Caring for yourself is one of the most important things you can do as a caregiver. When your needs are met, the person you care for will benefit, too. Following are some effective tools Big Bend Hospice has identified for self-care.

Types of Self-Care

Practical • Spiritual • Social • Emotional • Mental • Physical

PRACTICAL

- Clean up
- De-clutter old toys
- Assign chores
- Make a grocery list together
- Learn about money
- Make a weekly budget check-in
- Make a weekly cleaning check-in
- Homework/study
- Have a morning & night routine

SPIRITUAL

- Make a gratitude list
- Talk about forgiveness
- Write thank you letters or cards
- Volunteer
- Spend time outside or with nature
- Practice positive self-talk
- Plant a tree

SOCIAL

- Play in the park
- Call or visit relatives
- Have family dinner
- Play board games
- Host a sleepover
- Invite friends over
- Plan a BBQ
- Join a team
- Do a neighborhood food drive
- Have talks about friendship and how to be a friend

EMOTIONAL

- Watch a good movie
- Write each other positive notes
- Verbalize and talk about feelings
- Draw self portraits
- Say "I love you"
- Spend time writing
- Have a sing-a-long
- Tell jokes
- Try a new craft

MENTAL

- Read together
- Draw or write stories
- Meditate
- Find shapes in clouds
- Practice belly breaths
- Go on a walk to find new things
- Make vision boards
- Try headspace for kids
- Create mandalas
- Make mindfulness jars
- Play mind strength games

PHYSICAL

- Have a dance party
- Go for a walk
- Take a family bike ride
- Take a hike
- Play kickball
- Play tag
- Go roller skating
- Go to the pool
- Jump rope
- Practice yoga
- Play Wii Fit games

Remember, Big Bend Hospice is here to support you. Call your Big Bend Hospice team if you have any questions or concerns at (850) 878-5310.