

SELF-CARE CHALLENGE

Self-care is giving the world the best of you, instead of what's left of you. – Katie Reed

Being a **child care provider** can be stressful. The care that you provide for children is essential and caring for your well-being is essential, too. Doing small things every day to take care of our minds, bodies, and health not only helps us handle what life brings our way but also helps us to take better care of others. Try these self-care activities and cross them off as you go!

 <p>Go outside</p>	 <p>Read a book</p>	 <p>TAKE A NAP</p>	 <p>Learn something NEW</p>	 <p>DRINK WATER</p>
 <p>Unplug from social media</p>	 <p>Listen to your favorite song</p>	 <p>Try a new RECIPE</p>	 <p>Call a FRIEND</p>	 <p>MEDITATE</p>
 <p>Watch your favorite movie</p>	 <p>Declutter your space</p>	 <p>your choice</p>	 <p>Make a GRATITUDE list</p>	 <p>Take a bath</p>
 <p>HAVE FUN</p>	 <p>HA ha HA ha HA ha HA Laugh</p>	 <p>Ask for HELP</p>	 <p>EXERCISE</p>	 <p>TREAT YOURSELF</p>
 <p>Find a new podcast</p>	 <p>DANCE</p>	 <p>Write in your journal</p>	 <p>Take a day off</p>	 <p>Go to bed early</p>

Visit [GrowYoungBrains.org](https://www.GrowYoungBrains.org) for more resources for child care providers.