



Hazelden Betty Ford Children's Program

Remote Continuing Care: Doing Self-Care

When times get tough and stress is almost everywhere, doing self-care is very important. Take care of your body, mind, feelings, spirit, and kid. This is your T&R (Treatment and Recovery).

Do the Super Six Steps!

Step 1: Put away all electronics for the next 30



minutes...

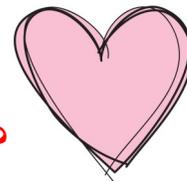
Step 2: Step outside and take three breathes of fresh air...



Step 3: Stretch...



Step 4: Think of **one** thing you're grateful for—what is it?



Step 5: Play with your favorite toy—what is it?



Step 6: Finally, tell us a joke!





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Activity Tips:

Modeling: You are your child's biggest role model. If you can model healthy self-care in response to stress, your children will learn to do the same! Consider your own self-care while your child does theirs!

Nothing takes the place of seeing you in person, but if you need support, please email or call us!

Sincerely,

Children's Program Staff

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