



Child Care Hot Topics

Topic 5: Self-Care

Hello Child Care Providers,

Have you been feeling run down, overwhelmed or not your peppy, smiley self? The information below is designed to give you a new tool called self-care and ideas of how to implement self-care! Let the energy flow and the smiles begin!



We are grateful for you and are here to support you. Please reach out to your licensor with any questions, and keep up to date on all things child care in Minnesota by visiting: <https://mn.gov/childcare/>.

-- Child Care Licensing Team

What is Self-Care?

- Self-care is the mindset, activities, practices and habits we bring to bear against stress, unhappiness, illness, depression and many more negative emotions. Self-care is about giving ourselves relief when we feel overwhelmed. It is about addressing our problems holistically.

What is the purpose of Self- Care?

- It's about knowing your worth and giving your mind, body and spirit what they need in order to thrive. And it's about choosing to take action for your own good every day. The purpose of self-care is to restore your energy and not take away from it.

Ideas on How to Implement Self-Care!

- Learn How To Develop a Self-Care Plan 😊
 - ✓ <https://socialworkcoaching.com/how-to-create-a-self-care-plan/>
- Self-Care Resources Geared For a Pandemic
 - ✓ <https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/>
- Other General Self-Care Resources
 - ✓ <https://liveboldandbloom.com/09/self-improvement/self-care-ideas>
 - ✓ <https://wholefully.com/self-care-ideas/>
 - ✓ <https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>