



## The Family Room Presents: Self-Care Resources

Resource	Description	Location	Details
Psych Central	Articles on Self-care	<a href="https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/">https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/</a>	Articles related to self-care including: - What Self-Care Is - and What It Isn't - Self-Care: Why Is It So Important? Why Is It So Hard? - Creating a Self-Care Plan to Survive Stressful Times
YouTube: TEDx Talks	Self-Care: What It Really Is	<a href="https://www.youtube.com/watch?v=dBn0ETS6XDk">https://www.youtube.com/watch?v=dBn0ETS6XDk</a>	- 10 minute TEDx Talk by Susannah Winters - Her perspective on self-care and restorative practices.
Positive Psychology	Articles, resources, worksheets, templates	<a href="https://positivepsychology.com/self-care-wheel/">https://positivepsychology.com/self-care-wheel/</a>	- What is the Self-Care Wheel - Templates, Worksheets - Self-Care Activities - Self-Care Apps
Health Coach Institute	Self-care articles	<a href="https://www.healthcoachinstitute.com/motivational/7-types-of-self-care/">https://www.healthcoachinstitute.com/motivational/7-types-of-self-care/</a>	-Article: 7 Types of Self-Care & Why You need Them - A look into the dimensions of self-care and example of self-care activities
Psychology Today	Self-care Articles	<a href="https://www.psychologytoday.com/us/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress">https://www.psychologytoday.com/us/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress</a>	Another perspective on the types of self-care and examples of self-care activities
National Sleep Foundation	Information on all things sleep related	<a href="https://www.sleepfoundation.org/">https://www.sleepfoundation.org/</a>	Sleep health related topics including: - Optimal hours of sleep needed by age - Sleep solutions - Navigating technology and sleep
USDA My Plate	Nutrition Information and resources	<a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>	Information on healthy eating habits for children, adults and families
USDA Nutrition	Nutrition Information and resources	<a href="https://www.nutrition.gov/">https://www.nutrition.gov/</a>	Information on healthy eating topics -Basic Nutrition - Seasonal Recipes - Exercise and Fitness
YouTube: How To Adult	How to Create a self-care Plan	<a href="https://www.youtube.com/watch?v=w0iVTQS8ftg">https://www.youtube.com/watch?v=w0iVTQS8ftg</a>	3 Step Action Plan for Self-Care (5 minutes) Additional resources linked in video description
YouTube: Brainy Dose	Self-care and self-care planning	<a href="https://www.youtube.com/watch?v=w0iVTQS8ftg&amp;t=18s">https://www.youtube.com/watch?v=w0iVTQS8ftg&amp;t=18s</a>	13 Steps To Self Care - Tips For a Better You -Tips and strategies for self-care and self-care planning
Active Minds	Tips for Self-Care During COVID-19	<a href="https://www.activeminds.org/about-mental-health/self-care/">https://www.activeminds.org/about-mental-health/self-care/</a>	Self-care and mental health information Tips for self-care during COVID-19 Examples of self-care activities
Centre for Clinical Interventions	Assertiveness Workbook	<a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness</a>	Modules 1 - 10 on Assertiveness and Assertive behavior
Kids Health	Article on Assertiveness	<a href="https://kidshealth.org/en/teens/assertive.html?ref=search">https://kidshealth.org/en/teens/assertive.html?ref=search</a>	Articles on assertiveness for teens and parents

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