



To Practice ACEs Self-Care and build resiliency



Healthy Relationships - set a goal of:

- Using respectful language
- Spending quality family time
- Making time for friends
- Asking for help



Exercise - set a goal of:

- Limiting screen time
- Taking a daily 20-minute walk
- Finding a family exercise
- Getting kids involved in a sport or class



Nutrition - set a goal of:

- Eating a healthy breakfast
- Drinking water
- Eating 5 fruits or veggies/day
- Choosing whole wheat options over white bread/rice options



Sleep - set a goal of:

- Screens off 30 min. before bed
- Creating a bedtime routine
- Creating a calm place for sleep
- Using mindfulness tools



Mindfulness - set a goal of:

- Checking in with your feelings
- Being thankful
- Practicing mindful breathing or calming techniques
- Creating a mindful routine



Mental Health - set a goal of:

- Family talks about health
- Learning about mental health treatments
- Finding and scheduling time with a mental health provider

RESOURCES

[The National Alliance on Mental Illness \(NAMI\)](#)

1-800-950-NAMI (6264)

Crisis Text Line: Text **NAMI** to **741-741**

[National Domestic Violence hotline:](#)

800-799-SAFE (7233)

[National Sexual Assault hotline:](#)

800-656-HOPE (4673)

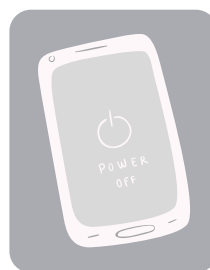
[National Suicide Prevention Lifeline:](#)

800-273-TALK (8255)

Crisis Text Line: Text **HOME** to **741-741**

[2-1-1 San Diego:](#)

Dial 2-1-1 on your phone 24/7



Self-Care - set a goal of:

- Making a stress plan
- Seeking help if emotionally or physically unsafe
- Talking with a medical provider, and identifying my strengths



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