

# SIMPLE CONNECTIONS stronger families

*Taking care of yourself helps your family be resilient.*



Each person in your family plays a role in keeping your family healthy and strong. When you are healthy, you are better able to cope with life's challenges, support each other and set a good example. These all have a positive impact on your family. Here are some important things you can do for yourself that will also boost your family's resiliency:

**Learn self-awareness and self-management.** Being aware of your own emotions and how they impact others is important for your social and emotional wellbeing. The next step is learning to manage those emotions so they don't have a negative impact on your life and those around you.

**Take care of yourself.** Eating well, getting enough sleep and physical activity are all important for your health and wellbeing. When you are healthy, you are more likely to participate in family outings, have positive family interactions and contribute to family life. You are also setting a good example for those around you to be healthy too. Getting help if you are physically or mentally unwell is also not only important for your health but will help soften possible negative impacts on your family.

**Nurture your sense of self.** It is important for your own mental wellbeing to have a sense of who you are apart from your family. Make sure to pay attention to your own interests. Spend time alone when you need to unwind and recharge. Make time for things you like to do.

**Have a positive attitude.** It can be hard to stay positive when life gets tough but knowing that you ultimately have control over your destiny can help. And when you can't change your situation, remind yourself of the choices you do have. You can choose who and where you find help, how you cope and your attitude.

*For specific tips on boosting your own personal wellness to help build your family's resiliency, check out the Simple Connections, Stronger Families resources on [YllMyHome.com](http://YllMyHome.com)*



[www.YLLMYHOME.com](http://www.YLLMYHOME.com)



[www.AHS.ca/amh](http://www.AHS.ca/amh)



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Take a few minutes to explore the simple ideas and check off the things that you are already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Take 3 deep breaths to help manage strong emotions.
- Say hello to each person you pass today.
- Take a 10 minute walk every day.
- Write down 3 things you are grateful for.
- Do something for yourself today.
- Be kind to yourself.

My self-care ideas: Simple things I do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Simple things I plan to do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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