

Daily Self-care Activities to Promote a Positive Mood for Students, Staff, and Parents!



Exercise:

Movement, movement, movement! It doesn't matter if you are dancing to your favorite song, running up and down the stairs, or playing sports outside, move your body!

- have your kids create a gym activity
- turn on a family exercise video you find online
- take a bike ride or walk
- have a dance party



Nutrition:

Eating nutritious foods and staying away from heavy foods that weigh you down will help give you the energy you need to stay in a healthy routine.

- keep a schedule and eat your meals at the same time everyday
- keep snacks light
- don't overeat
- try to keep your meal choices similar to your previous normal



Sunshine:

Sunshine provides vitamins to energize your body and promote a positive mood!

- start a garden
- do school or work outside
- have a picnic
- take a drive



Mindfulness Activities:

Staying in the moment without stressing about the future or what is out of your control will make little moments memorable and joyful.

- recognize and take in your surroundings, noticing all 5 of your senses
- learn and practice meditation or Yoga exercises
- use art that you create or a coloring page to reflect upon your current mood

-enjoy laughter and silly moments without focusing on work



Positive thoughts:

You can't always control your surroundings, the state of the world, or your friends and family, but you can choose to think positively!

- identify one big or small thing you are grateful for daily
- create or research positive affirmations and post them on your mirror, wall, or fridge
- look for small moments in your day to enjoy and be thankful for
- enjoy an old book, movie, or song that encourages positive memories



Relaxation:

During stressful times it is especially important to find time to relax and distract from your daily stressors and responsibilities.

- Read a good book
- Listen to music
- Take a bath or shower
- Chat with a friend, keep it light-hearted



Routine and Hygiene:

Stay clean, stay organized, and keep things consistent.

- Create a daily schedule through the week for yourself or your kids that includes work, breaks, meals, and fun
- Wake up and go to bed at consistent times daily
- Keep yourself feeling good with daily showers, a change of clothes, and following your normal self-care routine
- Create a space in your home that is dedicated to your work whether for school or your job