



Lincoln Middle School

1600 Lancer Dr, Fort
Collins, CO 80521

(970) 488-5700

Self-Care for Families

The 5 categories of self-care

1. **Physical**
2. **Emotional**
3. **Spiritual**
4. **Social**
5. **Mental**

Physical

- Take a warm bath/shower
- Go for a walk/run
- Family bike ride
- Take a hike
- Play kickball
- Roller skating
- Kids yoga
- Sprinting
- Cook a fun recipe

Emotional

- Watch a good movie
- Try a new craft
- Confide in a family member
- Say "I love you"
- Journal/Draw
- Tell a joke
- Listen to music
- Use I statements
- Pet an animal

Spiritual

- Meditation
- Practice mindfulness
- Create a gratitude list
- Practice positive self-talk
- Go outside
- Talk about what it means to forgive someone
- Listen to music

Social

- Call or visit a relative
- Play a family board game
- Host a sleepover
- Message a friend
- Ask a family member how they are doing
- Do a family member a favor
- Engage in friendly competition
- Prepare meals as a family

Mental

- Read together
- Create a vision board
- Play a card game with family
- Create a mindfulness jar
- Reach out for support
- Vent to someone
- Listen to a family member

Other ideas

- _____
- _____
- _____
- _____

Crisis Resources:

Colorado Crisis Services

- Phone: 1-844-493-8255
- Text: "Talk" to 38255

Summit Stone

- Phone: 970-494-4200

Non-Crisis Resources:

Safe2Tell

- Call: 1-877-542-7233

Alliance for Suicide Prevention

- Phone: 970-482-2209

