

DREAM GIRLS CLUB

THE ART OF SELF CARE

There's no better time than the present to instill in our young people the *art of self care*. The Coronavirus pandemic has not only infected the world with the virus, but it has exposed every living group of people to greater measures of stress and anxiety; lamentably, even children. It is common to hear adults gleefully plan their spa days, girlfriend get-togethers, sanity breaks, and staycation get-aways. We know when our cup is about to overflow. I believe it is vital for us to demonstrate to our young people that we understand that they too are in need of a little pampering now and then. Let's face it, their cup is running on full from school work, extracurricular activities, house chores, teen social pressures, and the like. Let's encourage our daughters to practice the art of self care so that it becomes a competency they can implement as needed after they've entered adulthood. And it does not have to cost a penny!

PARTICIPANTS:
**DREAM GIRLS &/OR
GIRLS & MOMS**



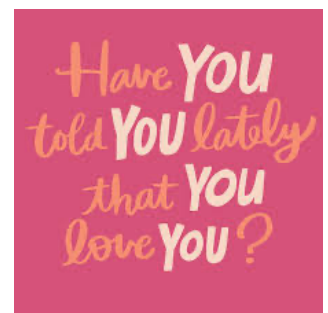
ASSET APPROACH:
EMPOWERMENT



Self-Care & Mental Health

Tips for Kids

- Share your own feelings to encourage self-awareness.
- Recognize toxic stress events.
- Practice self-care for yourself to set the standard.
- Cultivate interests and hobbies.
- Set aside time for low stress or solo activities.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- Blessing/Manifesting
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry." "I am sad."
- Establish a self-care routine.



LOVE

The greatest gift we can give ourselves

Practice looking in a mirror and saying:
I LOVE YOU!