



Wisconsin
Adoption &
Permanency
Support

5 Ideas for Self Care

Go for a walk

NATURE IS GOOD FOR THE SOUL



Simply putting down your phone and unplugging from zoom calls and distance learning will be a much needed break. Being out in nature and nicer weather can help restore your patience and focus!

Move your body

WORKOUT OR YOGA

Exercise releases endorphins that are shown to improve your mood. Aiming for 30 minutes of exercise a day can have so many healthy benefits to your body AND mind!



Stay Connected

TECHNOLOGY CAN BE SUCH A BLESSING

If we can't see loved ones in person, face-timing or doing a group zoom call can help keep us connected during this time. After all, laughter is some of the best medicine :)



Set a Routine

KEEP DAYS FROM BLURRING TOGETHER

With being home more often, days can start running together. Keeping a routine can help kids stay on track and predict what's going to come next. Be sure to plan breaks and things you enjoy as well!



Give yourself grace

YOU ARE AMAZING

This time of unpredictability and unknowns is tough and doesn't come with a manual. Give yourself grace and always remember you are doing the best that you can and that is enough!