



To Practice ACEs Self-Care and build resiliency



Healthy Relationships

- set a goal of:

- Using respectful language
- Spending quality family time
- Making time for friends
- Asking for help



Exercise

- set a goal of:

- Limiting screen time
- Taking a daily 20-minute walk
- Finding a family exercise
- Getting kids involved in a sport or class



Nutrition

- set a goal of:

- Eating a healthy breakfast
- Drinking water
- Eating 5 fruits or veggies/day
- Choosing whole wheat options over white bread/rice options



Sleep

- set a goal of:

- Turning screens off 30 min. before bed
- Creating a bedtime routine
- Creating a calm place for sleep
- Using mindfulness tools



Mindfulness

- set a goal of:

- Checking in with your feelings
- Being thankful
- Practicing mindful breathing or calming techniques
- Creating a mindful routine



Mental Health

- set a goal of:

- Talking about health as a family
- Learning about mental health treatments
- Finding and scheduling time with a mental health provider



Nature

- set a goal of:

- Taking a walk outside
- Having a family picnic in the backyard
- Hiking, biking, going to the beach or some other outdoor activity



Get your ACE Score at:

<https://stopabusecampaign.org/take-your-ace-test/>

Additional Information Related to ACEs:

<https://www.cdc.gov/violenceprevention/aces/index.html>

<https://americanspcc.org/get-the-facts-adverse-childhood-experiences/>



www.caringcottage.com