







To Practice ACEs Self-Care and build resiliency

Healthy Relationships - set a goal of:

• Using respectful language

• Eating a healthy breakfast

Eating 5 fruits or veggies/day Choosing whole wheat

options over white bread/rice

Checking in with your feelings

Creating a mindful routine

Practicing mindful breathing or

Drinking water

- Spending quality family time
- Making time for friends
- Asking for help

Nutrition

- set a goal of:

options

Mindfulness

- set a goal of:

Being thankful

calming techniques

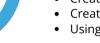




Exercise - set a goal of:

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





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

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





RESOURCE

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



Additional Information Related to ACEs:

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

https://americanspcc.org/get-the-facts-adverse-childhoodexperiences/



www.caringcottage.com