

ESSENTIAL NEEDS & SELF-CARE FOR A HEALTHY FAMILY

SELF-CARE

Self-care means taking care of yourself to support your health and wellbeing. And, managing illness when it happens.

THERE ARE DIFFERENT TYPES OF SELF-CARE:



Essentials

Having access to resources you need to live.



Physical

Taking care of your body.



Emotional

Handling stress and changes in life.



Social

Building and keeping good relationships with other people.



Spiritual

Thinking about yourself and your place in the world.



Intellectual

Keeping your mind active.



Financial

Managing your money and resources.



Taking care of yourself is not always easy, but you are IMPORTANT.



YOUR COMMUNITY HEALTH WORKER IS THERE TO:

- Listen and help you with what you need.
- Provide support and advocate for you.
- Help connect you with community resources.
- Encourage you with gaining knowledge and self-management skills.
- Help you carry out your self-care plan with goal setting and action planning.
- Help you with problem-solving barriers.
- Coordinate care with your medical provider and other home visitor(s).

INFANT HEALTH AND SAFETY

Practicing self-care can help you keep your infant safe and healthy. Infant health and safety includes a safe environment, nutrition/feeding, safe sleep, and finding a medical home.



Self-Care Next Steps

My next steps are:

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Self-care tips:

- Start small and add activities that make you happy / feel good.
- Choose when to take care of yourself (morning, lunch, before bed, a few times per week).
- Set a time limit (10, 15, or 30 minutes daily, or an hour on certain days).
- Be flexible. Self-care should help, not stress you out.
- Ask for support from friends and family who believe in you.
- Celebrate your progress. Be proud of yourself!