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

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

Mindfulness
- set a goal of:
  - Checking in with your feelings
  - Being thankful
  - Practicing mindful breathing or calming techniques
  - Creating a mindful routine

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

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

RESOURCES

The National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
Crisis Text Line: Text NAMI to 741-741

National Domestic Violence hotline:
800-799-SAFE (7233)

National Sexual Assault hotline:
800-656-HOPE (4673)

National Suicide Prevention Lifeline
800-273-TALK (8255)
Crisis Text Line: Text HOME to 741-741

San Diego Network of Care
sandiego.networkofcare.org

YMCA Youth & Family Services
2929 Meade Ave
San Diego, CA 92116
619-281-8313

2-1-1 San Diego:
Dial 2-1-1 on your phone 24/7