

Self-Care and Well-Being for Families

Lessons from Within Our Reach



Family well-being takes time. This process can be stressful, painful, and disorienting. You may feel overwhelmed or unsure of what comes next. These feelings are valid. Many families have walked this road and found strength, healing, and hope on the other side.

This handout offers simple, research-informed ways to support your family's well-being, rebuild trust, and reconnect with each other. Self-care is possible, one step at a time.



Family Well-Being and Self-Care Strategies



Create Safe and Predictable Routines

- Trauma disrupts a sense of safety. Rebuilding consistent daily routines as you are able (meals, bedtime, check-ins) helps children and adults feel secure.
- Use visual schedules or family calendars to increase predictability.



Reconnect through Grounding, Mindful Activities

- Set aside daily one-on-one time with each child (10-15 minutes).
- Simple breathing exercises (e.g., "smell the flower, blow out the candle") help regulate stress.
- Try family-friendly mindfulness activities like walks, stretching, or quiet drawing together.



Name and Normalize Emotions

- Make a feelings charts or emotion cards and use them to identify emotions.
- Model saying: "It's okay to feel sad, scared, or angry. We all feel that way sometimes."



Build on Strengths and Cultural Roots

- Reconnect with your cultural or spiritual traditions like music, prayer, food, or storytelling.
- Celebrate family strengths: Persistence, love, humor, or faith.



Parents Need Care Too!

- Take breaks when you can. Even 5 minutes to breathe or journal can help.
- Admire your strengths and reflect on what you've survived. Celebrate small wins.

Family well-being thrives when shared in a **supportive community**. Lean on trusted family, peer support groups, therapists, or spiritual leaders.

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Use this worksheet to help your family take small, meaningful steps to promote well-being.

Fill it out at your own pace.

What Makes Us Feel at Ease?

List or draw things that help your family feel calm and connected.

Our Routine

🧠 What's one small routine we can start this week? ✍️

Self-Care

Put a ✓ next to any that sound good for this week:

- Go for a walk together
- Draw or do art
- Take three deep breaths together
- Listen to music we love
- Cook a meal together
- Call someone we love
- Other:

Feelings Check-In

Everyone draw how they feel today:



Strengths and Hopes

Something our family is good at:

Something we've gotten through together:

One hope we have for the future:

Resources

Wellness takes time, and it's okay to have hard days. The most important thing is showing up with love for yourself and your family.

Need Support? These 24/7 Parent Helplines can connect you to resources:

- Parents Helping Parent National Parent Stress Helpline: 1-800-632-8188
- Parent and Youth Helpline: **855-427-2736**