

# RMBH Reminders



## SELF-CARE

If you have ever talked with a counselor there is a good chance you've heard the term "self-care."

But what is it actually? And who has time to practice self-care between working, raising kids, and trying to figure out what to cook for dinner?

Self-care means taking care of yourself so you can be healthy physically and mentally, as well as be able to take care of those who depend on you. It's not selfish or self-indulgent to put aside time for yourself, and it actually has many benefits!

Studies show those who practice self-care experience improvements to mental and physical wellbeing, increased resiliency, longer life span, and increased ability to handle stress. Below are some ideas for incorporating self-care into your daily routine:

- Go for a walk
- Read a book
- Listen to your favorite song
- Color, draw, or paint
- Practice yoga/stretching
- Journal about what you are grateful for
- Breathe deeply
- Light your favorite candle

## PARENTING CORNER

Modeling and teaching self-care to children at a young age allows them to learn the importance of prioritizing their mental and physical health. Being consistent with self-care for yourself and your child can actually decrease the chance of your child developing mental health conditions later on! Here are some ways you can help teach your child self-care:

1. Teach basic skills - personal hygiene, healthy diet, healthy habits, etc.
2. Talk about emotions - help your child identify and manage big emotions
3. Limit screen time - engage your child in activities that benefit brain development and promote problem solving
4. Spend quality time together - set aside intentional time with your child: get ice cream, go for a walk, play a game, etc.
5. Have downtime - cuddle, read a book together, stargaze, etc.

# Upcoming Events



## IMPORTANT DATES

January 8 - National bubble bath day

January 10 - National houseplant appreciation day

January 14 - National dress-up your pet day

## PEER SUPPORT

Canon City:

Adolescent Life Skills  
Fridays at 2pm

Narrating The Journey (peer recovery group) - "The Search for Significance"  
Wednesdays at 4pm

Stronger Together (peer support group)  
Fridays at 3pm

Bowling Event  
Thursdays at 6:30pm

Colorado Springs:

Stronger Together (peer support group)  
1st and 3rd Fridays at 6pm

Visit us at [rmbh.org](http://rmbh.org) or follow us on Facebook  
Crisis Phone: 719-429-3784