



7 WAYS

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



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



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



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



Mindfulness

- set a goal of:

- Checking in with your feelings
- Being thankful
- Practicing mindful breathing or calming techniques
- Creating a mindful routine



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



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



aces aware
SCREEN. TREAT. HEAL.

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

San Diego Network of Care
sandiego.networkofcare.org

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

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

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

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

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



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