



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



Movement

- 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



Nourishment

- 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



ACESAwareKernCounty.org



ResilientKern.org

2-1-1 Kern County

Dial 2-1-1 on your phone 24/7 for information on local resources

Kern Connected Community Network

Self-referral for local resources: <https://www.kernfoundation.org/kccn/>

Alliance Against Family Violence & Sexual Assault

661-322-0931

Kern Behavioral Health & Recovery Services Crisis Hotline

800-991-5272

California Youth Crisis Hotline

800-843-5200

RESOURCES



AMERICAN ACADEMY OF PEDIATRICS - CALIFORNIA CHAPTER 3

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

