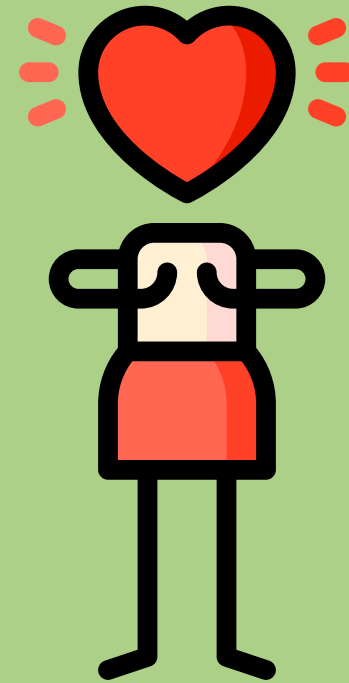


# Self-care during the pandemic: Why it's so important and tips to help!

**Taking care of yourself is key**—you won't be able to properly care for your family if you are run down. Self-care is an essential service you need to do for yourself.



**Be kind to yourself.** This is a stressful time, and it is okay to have bad days. Don't beat yourself up about it!



**Monitor your social media intake**—limit how much time you're spending online. Don't forget, social media just shows a sliver of other people's lives, not the whole picture.

**Make time for yourself.** Create space in the day and do something for yourself. Designate your time to relax!



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