

ENT's Self-Care

Bingo



Mark the ones you've done today!

Remember to Take Care of Yourself, Too. Community Care is Part of Self-Care.
Self-care is not selfish. It is one way to care for your baby.

Consider:

- Resting when possible
- Nourishing your body
- Staying hydrated
- Taking breaks
- Delegating Responsibilities
- Setting boundaries
- Protecting your mental health
- Celebrating small victories
- Asking & Accepting help

take
care
of
YOURSELF

Drank
plenty
water

Took several
deep breaths

Went
outside for
fresh air

Talked to
Your Baby

Ate Healthy,
Nutritious
Foods

Stretched
for a few
minutes

Had a
moment of
Gratitude

Gave
yourself a
compliment

Rested
without
guilt