

PARENT/CAREGIVER SELF-CARE TIPS

*During these unprecedented times, it is important to remember to **take care of yourself** as you take on a variety of roles. We hope this list helps you find some time for you.*

- Exercise, on your own and as a family
- Read a book, magazine, or newspaper
- Take a hot shower, or a long bath (add a little lavender oil to increase relaxation)
- Have a cup of chamomile tea or warm milk (or hot chocolate with marshmallows!)
- Go for a long walk outdoors - on your own or with your family
- Go for a bike ride – on your own or with your family
- Spend time with friends
- Spend time alone each day
- Find things that make you laugh
- Say no to extra responsibilities
- Take your child to the library, but pick up something for yourself while you are there
- Listen to radio programs, audio books, or podcasts from the web while you drive, or while you work around the house
- If your child is doing an art project, sit down and create your own art
- Write – stories, a blog, a personal journal – get your thoughts out on paper
- Watch documentaries on TV, or on DVD from the library
- Identify a project that would be challenging and rewarding
- Make time to talk with another adult daily
- Turn off social media for a day
- Plant flowers or a garden
- Try a new recipe or create your own
- Start a journal
- Take up a new hobby
- Learn to meditate or try yoga (lots of free videos online)
- Ask for help – everyone needs support
- Speak to yourself kindly, inner dialogue is important to keep a positive mindset
- Think of at least one thing that you are thankful for every day
- Drink water and add lemon or fruit for flavor
- Limit sugary drinks and caffeine
- When faced with a challenging moment, ask yourself what is this trying to teach you
- Breathe deeply in through your nose and make your belly rise, out through your mouth and pull your navel in towards your back.
- Belly breathing is a proven stress reducer.
- Remember when doing new things that are difficult or mistakes are made, you are learning
- Hug your children or offer them a praise for no reason – it will make you feel better too!
- Get fresh air at least 1x a day, listen for birds and notice where nature exists
- Write a note to a friend or call someone you haven't talked to in a while
- If you enjoy chocolate, hide a little stash somewhere just for you to enjoy a piece when you need a quick moment to treat yourself

