

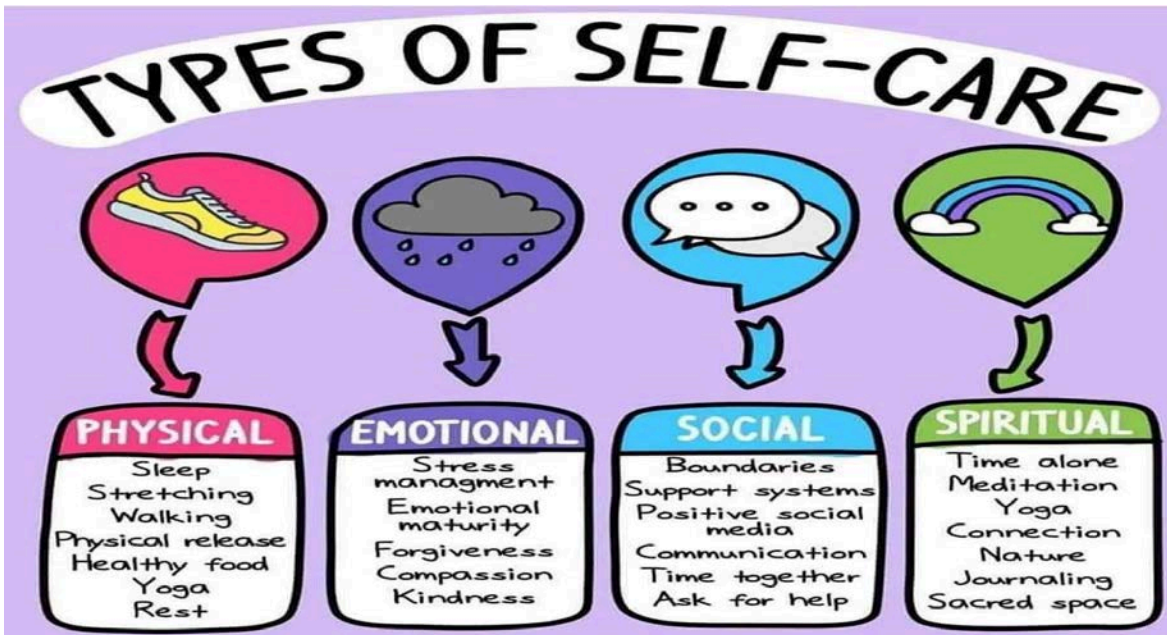
Self Care for Parents

You Need This, You Deserve This...

Life is stressful, especially at this time of the year. You are probably thinking of the holidays, shopping, decorations, parties and get-togethers. Now more than ever, parents need to make sure that they are taking care of themselves, their needs, their emotions.

Self-care is a great way for caregivers to make sure their own needs are being met. Because **self-care** and mental health are connected, neglecting one can have a negative impact on the other. Sometimes, **parental** stress or burnout may become severe enough that you can't overcome it on your own.

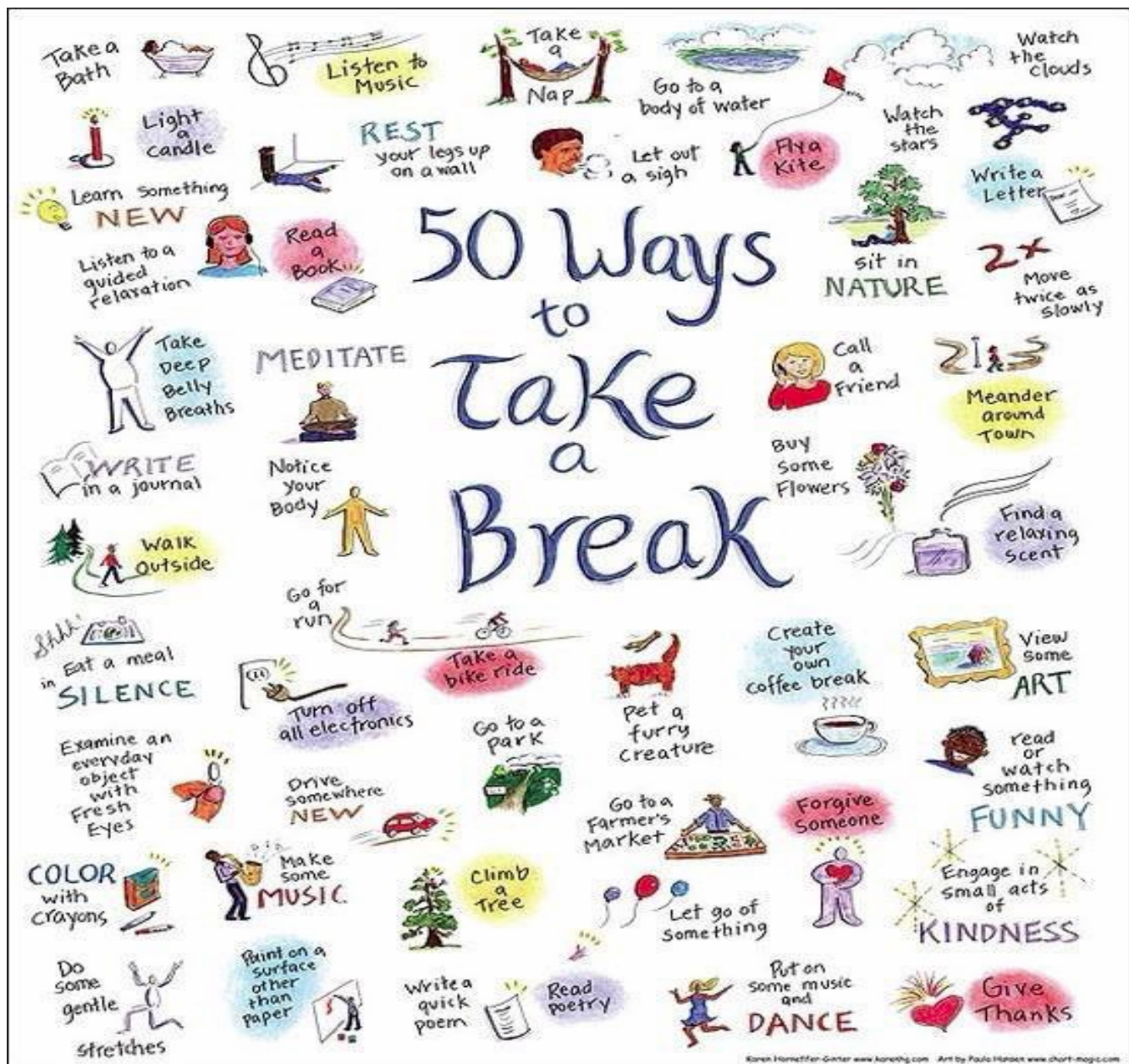
Know your worth: **Self-care is important** to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and **self-esteem**. ... It can also lead to all sorts of health problems, from anxiety and depression to insomnia and heart diseases.



What's your self-care today?

Something adult-y and not fun.	Yoga, meditation, or something zen.	Physical activity or gym time.	Resting + catching up on sleep.
Pausing & taking a break.	Catching up on house-work.	Unplugging from social media.	Something warm and comforting.
Making yourself feel better.	Getting out of the house.	Taking your meds or vitamins.	Connecting with your support system.
Time to yourself.	Cuddling a soft furry creature.	Tea, books, or writing.	Time being creative.

Blessing Manifesting



Below are additional ideas for Parent Self-Care...

https://www.sesamestreet.org/sites/default/files/media_folders/Images/PDF5V3_0.pdf

<https://www.mother.ly/life/25-self-care-ideas-for-exhausted-parents>

<https://imperfectfamilies.com/simple-self-care-for-extremely-busy-parents/>

<https://www.waterford.org/education/self-care-for-parents/>

<https://www.mghclaycenter.org/parenting-concerns/10-self-care-tips-for-parents/>

<https://gozen.com/8-self-care-tips-for-parents-who-have-no-time-for-self-care/>

<https://www.cincinnatichildrens.org/patients/coronavirus-information/family-resources/self-care-parents>

https://www.scanva.org/wp-content/uploads/2013/06/SelfCare2016_English.pdf

<https://semicrunchymama.com/6-types-of-self-care-for-parents-with-pdf/>

<https://www.verywellfamily.com/self-care-for-parents-4178010>



SELF-CARE MENU

From Blessing Manifesting

Appetizers

- Take a break
- Spend time outside
- Deep breathing
- Listen to music



Specials

- Get spiritual
- Call a friend
- Move your body
- Engage in a hobby



Entrées

- 8 hours of sleep
- Movie + Popcorn
- Favorite Meal
- Focus on letting go



Beverages

- Drink your water
- Cup of tea
- Hot chocolate
- Fancy coffee



Sides

- Start a new book
- Do some stretches
- Journal
- Positive Self-Talk



Desserts

- Bubble bath
- Light Candles
- Soft Pajamas
- Pamper your body



Self-Care Report

Let's check-in with how you're doing.

♥ My needs are being met.	♥ I'd like to meet this need soon.	♥ My needs are not being met.
Meeting my social needs.		
Feeling my feelings.		
Doing things that make me happy.		
Limiting news coverage.		
Healthy coping skills.		
Moving my body.		
Intentionally focusing on stress relief.		
Maintaining a daily routine.		
Practicing self-care.		

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30 DAY HAPPINESS CHALLENGE



@MYJOURNEY.APP



1. CLEAN BEDSHEETS



2. LISTEN TO MUSIC



3. MEDITATE



4. FLOWERS



5. COMPLIMENT SOMEONE



6. DANCE



7. TREAT YOURSELF



8. BE CREATIVE



9. HOT BATH



10. WRITE A LETTER



11. BAKE A CAKE



12. TAKE A WALK



13. STAR GAZING



14. READ A BOOK



15. LEARN NEW THINGS



16. PAT A KITTEN



17. HELP SOMEONE



18. START A JOURNAL



19. SELF-LOVE



20. WARM HUGS



21. WATCH SUNRISE



22. EXERCISE



23. EAT HEALTHILY



24. VISIT NEW PLACES



25. LISTEN TO BIRDS



26. COOK



27. CALL A FRIEND



28. NAP



29. GRATITUDE



30. REWARD YOURSELF WITH ICE CREAM