

PARENTS, HERE'S YOUR
DAILY REMINDER TO



Take a
deep breath



Smile at yourself
in the mirror



Do something
for yourself



Make time
for your hobbies

How much time do you have?



5 minutes

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song.



Change position: stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.



15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.



Call a friend or family member to catch up and check in.

Take a bath or shower.



30 minutes

Download a mindfulness app. There are many free apps available online.



Play a game, work on a puzzle, or try a new online game.

Join a parent support group on [parentsanonymous.org](https://www.parentsanonymous.org).

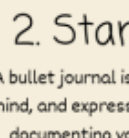
Go for a jog, do tai chi, or any physical activity that makes you happy.

7 Easy Self-care Strategies FOR Busy Parents



1. Breathe LOVE

Each morning when you wake up, before you get out of bed, take 5 deep breaths. With each inhale and exhale, imagine the love you give and receive moving through you. A great way to start your day.



2. Start a Bullet Journal

A bullet journal is a fun way to get organized, clear and clean your mind, and express your creativity. It's great for making to-do lists, documenting your life goals and making art. Design your bullet journal in the format that works best for you.



3. Chair Yoga

If you have 5 minutes and a chair, then you can do chair yoga. Sit up straight but relaxed, feet on the floor, stretch your arms and roll your neck, coordinating the motion with your breath.



4. Get Active with Family

Make the most of family time by weaving in your workout, too! DO an exercise tape with your little ones, go for a walk as a family, shoot some hoops, or plan a family outing to the park.



5. Make a Lunch Date

Missing your social life? Plan a lunch date! Even if you work full-time, going out for your lunch break instead of scarfing down your food in front of your computer will help you reconnect.




6. Take a Book Break

Leave the TV off for the night and pick up a book instead. Reading is good for your brain and losing yourself in a story has been shown to reduce stress and muscle tension.



7. Create a Car Sanctuary

If you have a car, you will inevitably spend time in there. Why not capitalize on the forced alone time and get your zen on? Play your favorite music or podcast, cover your seat in a soft blanket, and add some portable aromatherapy for extra stress relief.



YOU CAN'T POUR
FROM AN
Empty
Cup.

TAKE CARE
OF YOURSELF
FIRST.

Keep Calm and Parent On

Creating a balance of work, distance learning at home, child care and simply maintaining a positive home environment can certainly be a challenge! Taking care of your children and yourself can be worrisome and a struggle at times. Here are some hints to remind you about self-care.

Take care of yourself – before you can begin to take care of others. Be kind to yourself and others! We are all in this together.

Develop a routine or structure to your day

Eat a healthy and well-balanced meals. Share meals together as a family when possible. Include children in meal preparation and clean up.

Alternate distance learning lessons with hands on learning activities.

Take breaks from watching the news. Limit news and especially the messaging which may cause fear and anxiety for children.

Start a daily exercise routine, or multiple times of the day for brain breaks. Take a walk, virtual dance or yoga.

Remember to take a deep breath! Unwind, relax, meditate, try something new.

Stay connected with family, friends and neighbors with whom you trust with phone calls or visits maintaining physical distance. Share feelings and seek appropriate help as needed.

Help others, make a card, reach out to a lonely neighbor or phone a friend.

Develop a routine sleep pattern to include turning off screens at least an hour before bed.

Stay positive, you can do this! Today is a great day and tomorrow will be even better!

Take care of your physical and mental health. Keep track of your stressors. If anxious, depressed or fearful, consult a professional for guidance. There are many community organizations available to help.

*Comal County Multi-Agency Resource (830) 606-9512
Connections 24 Hour Crisis Hotline 1-800-532-8192*

Brought to you by **NBISD HEALTH SERVICES DEPARTMENT**



Self-Care Statistics



www.thecenteredparent.com



Mindfulness Matters

Studies show that working a few mindfulness exercises into your day can have tremendous benefits, including stress reduction, better working memory, and an improved ability to focus.

Self-Love Reduces Burnout

Participants in a small pilot study of hospital staff reported that self-love techniques decreased things like emotional exhaustion and stress perception, and improved overall professional satisfaction.



Exercise Makes You Feel Better and Then Some

Research shows that physical exercise can not only reduce levels of depression, anxiety and stress, but can also encourage healthier habits like better sleep hygiene and sticking to routines and commitments.

Handwriting Helps

Multiple studies have found that journaling for even a little while each day can have lasting positive effects on your well-being - Decreased stress, more self-awareness, and a stronger mind and body? Sign me up! .



50 SELF CARE IDEAS FOR NEW MOMS

1. TAKE A HOT BATH OR SHOWER
2. LISTEN TO YOUR FAVOURITE MUSIC
3. READ A BOOK
4. WATCH A MOVIE
5. WRITE A JOURNAL
6. MAKE A CRAFT
7. DO A BEAUTY MAKEOVER
8. DRESS UP
9. TREAT YOURSELF TO A SPECIAL GIFT
10. GO ON A WALK
11. MEDITATE
12. CALL A FRIEND
13. COOK YOUR FAVORITE MEAL
14. LISTEN TO A PODCAST
15. DANCE
16. TRY YOGA
17. TRY GARDENING
18. TAKE A NAP
19. GO TO BED EARLY
20. LIGHT A CANDLE
21. PAINT NAILS
22. GET A MANICURE/ PEDICURE
23. TRY A NEW HAIRSTYLE
24. TAKE AN ONLINE CLASS
25. CALL OVER A FRIEND
26. ORGANIZE YOUR WARDROBE
27. GO BIKING
28. TAKE A WALK
29. GO OUT FOR COFFEE
30. VISIT A GARDEN
31. WATCH SUNSET/SUNRISE
32. GO THROUGH OLD PICTURE ALBUMS
33. GO FOR A SWIM
34. DO A RANDOM ACT OF KINDNESS
35. UPGRADE A PIECE OF FURNITURE
36. ORDER TAKEOUT
37. HAVE A ICE-CREAM
38. PLAY A BOARD GAME
39. HAVE SEX
40. PRACTICE SELF-REFLECTION
41. TRY A NEW HOBBY
42. DO ADULT COLORING
43. SIT IN THE SUN
44. BROWSE THROUGH PINTEREST
45. BREATHING EXERCISES
46. PLAN YOUR DREAM VACATION
47. LEARN A NEW LANGUAGE
48. SHOP ONLINE
49. DO A CROSSWORD OR A PUZZLE
50. DO NOTHING

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EPIC FIVE MINUTE

SELF-CARE TIPS

for moms

- *Plan your daily and weekly self-care routine
- *Discover new parenting tips
- *Enjoy a cup of herbal tea
- *Drink more water
- *Read a book
- *Plan a family outing
- *Take the dog for a quick walk
- *Plan a 10-minute workout strategy
- *Enjoy a bubble-filled bath
- *Select unused items to donate
- *Listen to your favorite music
- *Discover your favorite essential oil
- *Schedule your family's annual health checkups
- *Plan a skincare routine
- *Read jokes
- *Plan kindness activities
- *Schedule your day to go to bed 10 minutes earlier
- *Write secret notes to your kids
- *Schedule a coffee date with your best friend
- *Reflect on the positive things in your life
- *Read the community newsletter
- *Do a plank exercise
- *Plan to redecorate a room
- *Do coloring
- *Read your favorite magazine
- *Listen to an audiobook or podcast
- *Look at family photographs
- *Paint your nails and do nail art
- *Create a gratitude journal
- *Enjoy a cup of tea
- *Do self-affirmation
- *Create a wish-list
- *Phone your mom
- *Plan a cheese and wine evening with friends
- *Watch the clouds or stars
- *Read up on world news
- *Do deep breathing techniques
- *Be creative
- *Pray
- *Enjoy a bit of sunlight
- *Write down your mom goals
- *Play with your pet
- *Water your plants
- *Watch funny videos
- *Create your weekly affirmation
- *Meditate
- *Write down your mom goals
- *Plan your healthy family lifestyle
- *Light a scented candle
- *Go for a walk
- *Read inspiring quotes
- *Find an awesome new dessert recipe
- *Choose a drawer or closet to organize
- *Plan a family movie night
- *Do something fun
- *Plan a date night
- *Try a new recipe
- *Do yoga
- *Plan your self-care routine

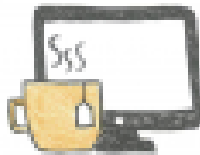
*who needs a superhero
when you have a mom?*

For parents

Self-care

C · H · A · L · L · E · N · G · E · S

Tips to find your spark again!



Take short breaks at work



Go for a 30-minute walk



Recognise strengths in the people you work with



Text someone you are thankful for



Ask for help when needed



Go to bed 30 minutes earlier



Forgive yourself for making a mistake



Say something kind to someone who needs a lift



Offer help to someone in need



Try volunteering work



Tidy up a small area of your desk



Take care of some potted plants



Use active listening and empathy when supporting someone with a problem



Catch up with a friend

Try at least two in a week to maintain your mental health!

Self-Care Ideas

For when you're short on time

Listen to music

Go for a walk

Watch something easy-going

Colour

allow yourself a treat

Listen to a positive podcast

Meditate

Just Rest

look at photos
(that make you smile)

Turn off your phone

Pamper yourself

Read a book

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest

EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness

SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help

SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

8 Self Care Tips

for Parents of Children with
Special Needs



Ask friends & family for help

Spend time outside everyday

Reward yourself

Schedule "me" time

Join a support group

Just say no

Seek professional help

Be kind to yourself

4

self-care tips for parents



Remember that you matter too

Maintain a healthy diet, keep active and have regular sleep routines. These can help you to remain calm when stressed.



Focus on connecting

Take some time out of your day to connect with extended family and close friends. Use video and phone calls when physical contact is not possible.



Practise self-compassion

It may take time for children to understand the new normal. Take it slow, and do not feel discouraged.

Celebrate small wins daily, no matter how small they seem. You are the best parent for your child.



Create a balance

Balance reading COVID-19 related news with other activities that you enjoy.