

PARENT & CAREGIVER SELF CARE

BUILDING HEALTHY COMMUNITIES



As a parent or caregiver, you may be juggling multiple roles while prioritizing your family's health and safety. *But don't forget your health matters too!* Prioritizing your own well-being can help you be a better caregiver for your children and family members.

SELF CARE TIPS for YOU :

Try these tips to relieve stress, boost physical and mental health, and help you continue supporting your family:

1. Take care of your body:

When you can, take time to exercise, eat fruits and vegetables, and maintain a healthy sleep routine. Remember - it's OK to take small steps!

2. Focus on what you can control:

When we are overwhelmed, it can be easy to get stuck in a cycle of worry and stress. Practice identifying what you can control like making a list or calling a friend to talk. Also practice accepting what you cannot control, such as the news or a child's school assignment.

3. Congratulate yourself for a job well done:

Remind yourself that everything you are doing to support loved ones is making a difference and it is OK not to "do it all." Breathing and living one day at a time is a huge accomplishment!

4. Give yourself some space:

Choose one place within your environment to call your own, such as a room, desk, or spot in your home. If you are working from home with other people, try using a sign or cue to indicate when you are available to interact.

5. Schedule a daily 'worry window':

If you are having anxious thoughts, try scheduling 15 minutes each day to focus on those thoughts or write them down. Outside of this scheduled time, practice focusing on the moment and reminding yourself to save your concerns for your next "worry window."

