

Parent Wellness Support

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Agenda

- Check-in
- Questions, concerns, and support seeking
- Self-Care for Parents
 - Definition and Importance
 - Self-Care Strategies
 - Barriers to Self-Care
 - Self-Care Planning Ideas
- Resources



Check-in

- Please introduce yourself.
- How are you doing?
- Is there anything that you or your family need support with this week?
- What is one thing you have done this week, just for yourself?



Questions, Concerns, and Support Seeking

- ?????



Self-Care: What It Is and Why It's Important

Self-Care is:

- *everything you do deliberately for your mental, physical, and emotional well-being.*
- *the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.*

Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the best version of yourself to others. You cannot give to others what you don't have yourself. While some may misconstrue self-care as selfish, it's far from that. When you pay adequate attention to your well-being, you're not considering your needs alone. You're reinvigorating yourself so that you can be the best version of yourself for the people around you. Everyone around you also benefits from the renewed energy and joy you exhibit.

H.A.L.T: If you are hungry, angry, lonely, or tired, you may need some self-care!



Self-Care for Parents Suggestions



Reach out to a doctor, psychiatrist or therapist



Drink lots of water



Eat regular meals + snacks



Walk or move regularly



Talk with friends



Ask for help



Prioritize sleep



Schedule non-negotiable me time

Overcoming the Four Barriers to Self-Care

Guilt

- You are doing better than you think
- Use a challenge statement or mantra
- Dialectical thinking

Lack of Time

- Put self-care in your calendar
- Set up recurring events

Unrealistic Expectations

- Practice the mindfulness quality of non-judging
- Take a step back and reflect each month

Difficulty Creating New Habits

- Try the tiny habits technique: ABC



Self Care Planning Ideas

Daily Self-Care Plan

Morning Ritual

- *Set an intention*
- *Daily Affirmation*
- *Today, "I get to," instead of "I have to"...*
- *One thing I will do today, just for me...*

Evening Ritual

- *One thing I'm grateful for is...*
- *One thing that sparked joy today is...*

Self-Care Goal-Setting

- Pick 1-2 self-care strategies to focus on
- Set a S.M.A.R.T goal
- What obstacles might get in the way?
- What are two ways to cope with this obstacle?
- One person I will share this goal with...
- Create a self-care mantra to help with motivation



Resources

Check out the [Counseling and Wellness Resources](#) link.

Additional resources:

[Parent Self-Care](#)

[Caring for ourselves while sheltering in place- 100 Ideas](#)

[Daily Self Care Planner](#)

[Self-Care Goal-Setting](#)

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

