

Self-Care for Parents

December 2023 Parent Training

Presented by:

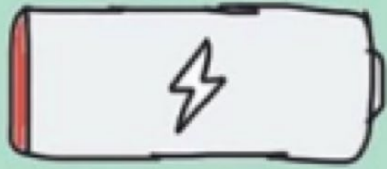
Dr. Amanda Luciano

Overview

- What is self-care/why is it important?
 - How do we practice self-care?
 - Physical self-care
 - Mental self-care
 - Emotional self-care
 - Self-care kits/routines
 - Resources

What is Self-Care?

- Actions, attitudes, and behaviors relating to maintaining personal well-being.
- Any activity we do deliberately to take care of our mental, emotional, and physical health.
- Meeting yourself where you are without judgment and looking after yourself in a healthy way.
- Doing big and small things that refuel you
 - BIG things: exercise, cooking your favorite meal, getting a massage, etc.
 - Small things: taking a break, deep breathing, drinking water, etc.



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY
NOT A LUXURY.

Self-Care is not...

- Something we force ourselves to do
 - Not another “to-do list!”
- A selfish act
 - It’s about meeting ones needs in order to take care of others
- Fixing yourself or a goal you strive for

“Self-care means giving yourself permission to pause”

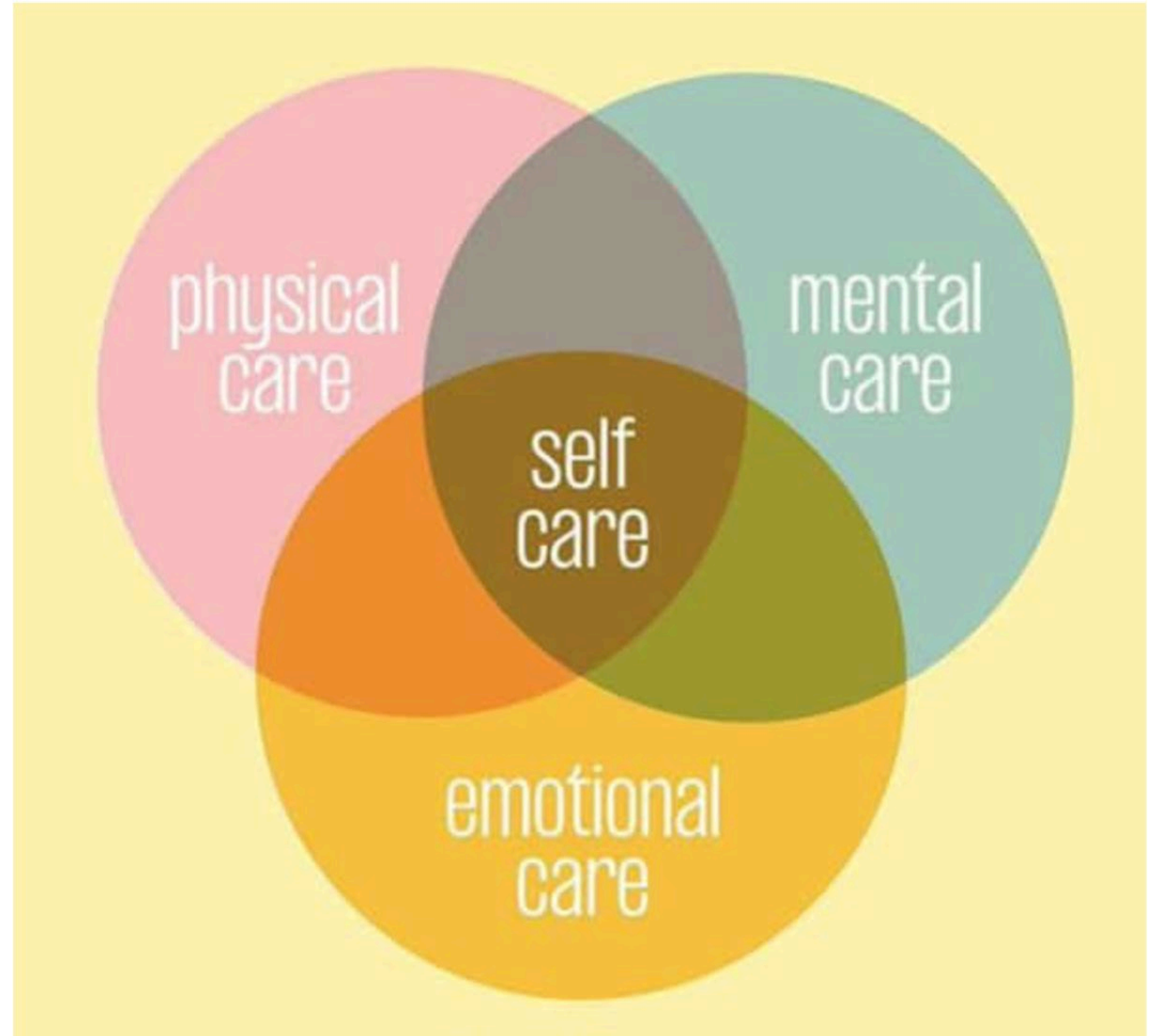
Why is Self-Care Important?

Self-neglect tends to lead to..

- Fatigue & Burnout
 - Physical Symptoms
 - Stomachaches, headaches, sleep disturbances
 - Inability to focus/concentrate
 - Emotional Symptoms
 - Emotional distance
 - Cynicism or hopelessness
 - Unmotivated



How Do We
Practice Self-
Care?



Physical Self-Care

- Are you getting adequate sleep?
 - Question to consider & tips

Quantity:

- 7-8 hours recommended
- Power naps help!

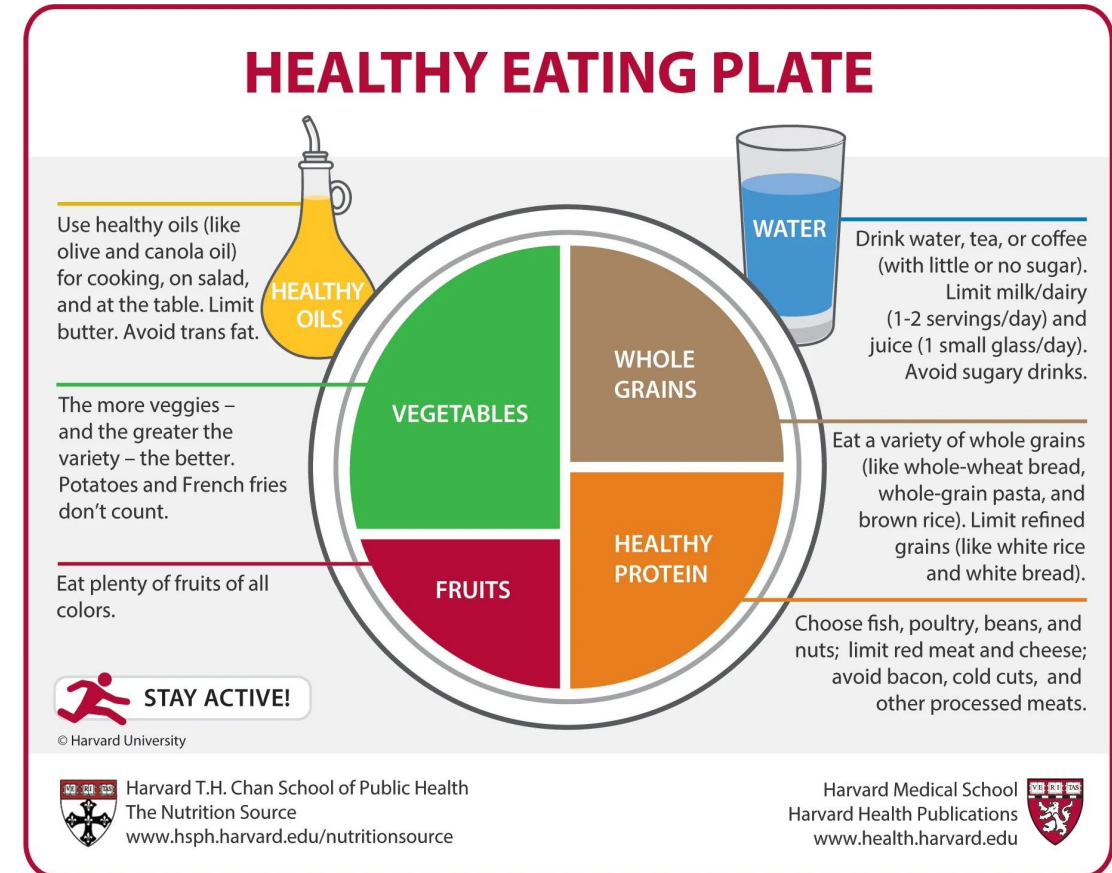
Quality:

- Maintain a pre-sleep routine/bed-time
 - Night routine that helps you unwind
 - Tea, read, shower/bath, music
 - Meditation or relaxation techniques



Physical Self-Care

- Are you eating healthy?
 - Question to consider & tips
- Eat regularly : small meals or snacks throughout the day
- Drink water: helps deliver oxygen
- Load your plate with fruits and vegetables



Physical Self-Care

- Are you getting enough exercise?
 - Question to consider & tips
- Exercise routine that works for you!
 - Carving out time- take small steps
 - Find an activity that you love: yoga, dancing, cardio, etc.
- Simple, unstructured activities
 - Take a walk/bike ride outside
 - Gardening
 - Stretching



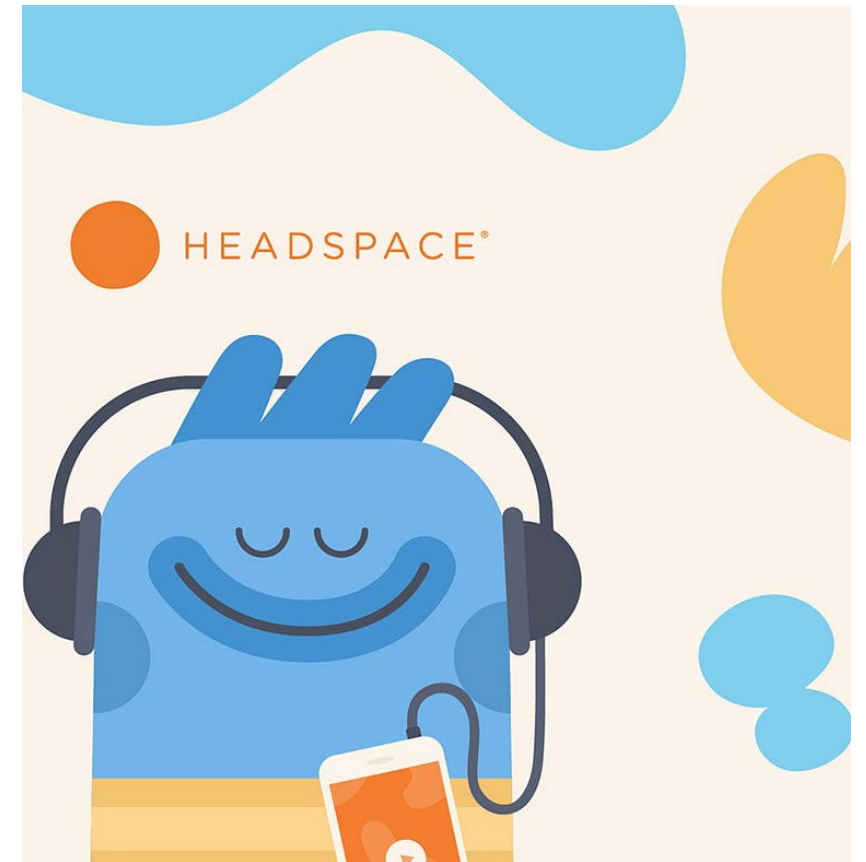
Mental Self-Care

- Are you taking care of your mental well-being?
 - Question to consider and tips
- Let your mind rest (deep breathing, meditation)
- Check in how you are feeling throughout the day
 - Emotions are information- accept them without judgement
 - Try using phone reminders



Mental Self-Care

- Set your intention for the day
 - A to-do list can acknowledge your accomplishments
- Meditate- Focus on the present moment
 - Pay attention to yourself and your surroundings
 - Different types: deep breathing, mindfulness, visualization
 - Many different types of meditation guides: Headspace



Mental Self-Care

- Check your screen time
 - Correlations between social media usage and loneliness & stress
 - News consumption/ find some good news!
- Practice gratitude
 - Big and especially small things
- Connect! We are social beings
 - Talk to someone who can understand & support you

“Have gratitude
for all that you
have, and you can
be happy exactly
as you are.”

MANDY INGBER



Emotional Self-Care

* HIDING FROM OUR EMOTIONS * (won't make them go away)



- How are you taking care of your emotional well-being?
 - Question to consider and tips
- Observe your emotions
 - Emotions= energy in motion
 - Accepting them and letting them pass through
 - Journaling can promote reflection
- Learn to say no
 - Creating healthy boundaries
- Ask for help when needed
 - The importance of accepting our limitations

Self-Care Kits

- Examples:
 - Sight: Book, card, photographs
 - Sound: playlist of music or meditation guides
 - Smell: candle, essential oils
 - Touch: Soft blanket, stress balls
 - Taste: Chocolate, candy, coffee, tea
 - Activities: Journaling, painting, games, movies



Reflection

- Any areas that you would like to improve?
- Are there any strategies/tips that you would consider adding to your life?
- Are there any self-care strategies that you have already introduced that you feel have been helpful and are willing to share with others?

Resources:

- Calm App:
• <https://www.calm.com>
- Headspace
• <https://www.headspace.com>
- Gratitude: Journal Prompts
- MindMelody Technologies (in app store)
- [Self-care assessment](#)

