

September 2022 Parents Page

PARENT

Self-Care

Raising children is such a rewarding job but is also very demanding. It is difficult to parent at our best if we do not take care of ourselves as well. Here are some tips on how to engage in self-care as a parent:

 Exercise	<i>you know?</i> it's OKAY to say NO!	 Journal
 Sleep	Say no to extra responsibilities	 Meditation
 Eating healthy	 Listen to music	 Spend time with others
 Enjoy nature	 Have hobbies you enjoy	

<https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>

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Tiny SURVIVAL GUIDE

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality

GO OUTSIDE
[or look outside]
perspective, context + something larger than this

BE ACTIVE
[avoid stagnation]
in body, mind, spirit

CULTIVATE RELATIONSHIPS
those that are edifying + healthy

NURTURE GRATITUDE
what is one thing, right now, that is going well?

DETOX
if navigating addictions
be wise + safe

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort

SIMPLIFY
[less is more]
be mindful of decision fatigue + cognitive overload

ADMIRE ART
the gift of feeling transported

LAUGH
pure humor = a sustaining force

FOSTER HUMILITY & EXTEND GRACE
self-righteousness + hubris = unhelpful

SLEEP
to cleanse + repair brain + body

CLARIFY INTENTIONS
how can i refrain from causing harm, how can i contribute meaningfully?

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Parent Mental Health is vital for parenting.

The new suicide and crisis hotline is **988**