# arents P





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







Eating healthy



Enjoy nature



Say no to extra responsibilites



Listen to music



Have hobbies

you enjoy

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



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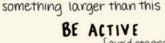
#### PROTECT YOUR MORNINGS

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



#### GO OUTSIDE

perspective, context +



[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

fnavigating addictions

SPEND TIME WITH ANIMALS ↓ stress hormones, ↑ comfort



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

### ADMIRE ART

Journal

Meditation

Spend time

with others

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?

The Trauma Stewardship Institute

Parent Mental Health is vital for parenting.

The new suicide and crisis hotline

is

988

