

Ideas for parental self-care

Physical

- Exercise
- Ensure you're getting appropriate amounts of sleep
- Be mindful of your diet, stock the fridge and pantry with easy to grab health food for snacks
- Take a long walk in a place you enjoy
- Stay current with healthcare needs
- Stay hydrated
- Stretch routinely

Emotional and social needs

- Get out of the house
- Make time for you and your partner or significant other
- Spend time with friends
- Find ways to give yourself some alone time
- Try to talk to another adult at least once a day
- Reduce screen time
- Listen to your favorite feel-good music
- Write to someone you have not touched base with in a while
- Add something for yourself to your daily to-do list that is not a chore
- Maintain healthy boundaries in your relationships



Intellectual needs

- When you take your child to the library, pick up material for yourself
- Journal - put your thoughts and feelings on paper
- Identify and complete a project that you feel would be challenging and rewarding
- Explore new, or old, hobbies
- Do puzzles
- Solve random math problems

Spiritual needs

- Attend religious services
- Meditate daily
- Volunteer
- Practice mindfulness
- Identify stressors and action steps for removing that stress
- Visualize what success looks like in different parts of your life