

Taking care of yourself...yes, you matter too!

As a parent, you may have found yourself balancing your work, your child's education, your family, and so much more. At times, we may forget to take care of ourselves. These past months have been stressful for many, and we need to remember that we cannot care for others if we do not care for ourselves. Take a look at the items below that can help manage stress and improve your well-being.

Take care of your physical health.

Pay attention to the foods you are eating and how many times a day you are eating. Drink water! Make sure you are keeping yourself hydrated throughout the day. Also, make sure you get enough sleep.



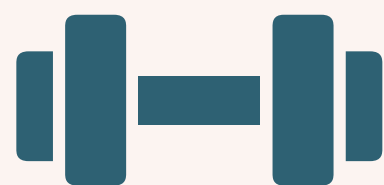
Celebrate the small successes.

Did you help your child submit all of their school work? Celebrate! Did you make breakfast, lunch, AND dinner? Celebrate! Did you have a smooth day at work? Celebrate! Take the time to think about all the little things that went well throughout the day.



Get your heart pumping.

I'm not talking about running 5 miles every day. You can simply go for a walk, do some stretching, or dance! Find an activity that works for you, and you can get your family to join you!



Look for the positive.

You may be thinking, how can I be positive under these circumstances? I understand these times have been difficult. Try this: As soon as you wake up, before you even get out of bed, think about three things you are thankful for. This can be anything. Example: My warm bed, my kids, and my coffee in the morning.



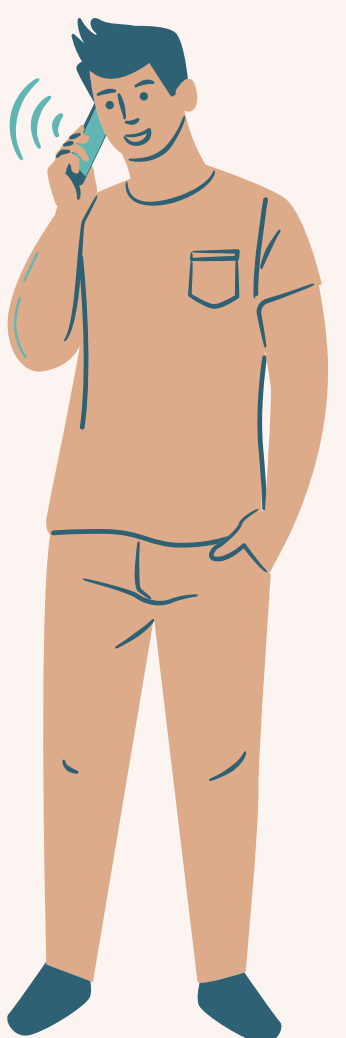
Set boundaries.

"My kids have no boundaries; they follow me into the bathroom!"...Well, it's time to set some! Let them know that adults/parents get tired too, sometimes we get mad and cranky, and sometimes we need a break. Let your family know that those next 5 minutes are for you. Sometimes we need a little timeout.



Have a conversation with a friend.

Talking to a trusted friend or loved one can help relieve your stress. Minimize interactions with people that will make you feel judged or more stressed. Find a friend or family member that is supportive, open, and willing to listen to your problems. Sometimes you need to release all of your worries, anger, and frustration, and that's okay! You're not perfect, and neither is everyone else. You are trying your best. Be patient with yourself. Be kind to yourself. Forgive yourself.



Make time just for you.

Making time for yourself can be difficult when you have children and a family to care for, but try finding time just for yourself, doing the things you like. Whether that's a shower, going for a run, listening to music, coloring, or cooking. Be alone for at least 5 minutes to have a small moment of time to yourself.

