

## Tip Sheet for Parents on Self Care

- Plan a special date with your significant other; arranging for someone to watch then children while you go out to dinner, go to a movie, take a walk, etc.
- Call someone you haven't spoken with in a while just to catch up
- Schedule time to spend with friends or family
- Go to bed early one night a week
- Start a book club, craft group, sports group, choir, etc
- Take a long walk
- Make your bed in the morning; it's nice to come home too a nicely made bed
- Exercise
- Start a morning ritual and wake up 10 to 15 minutes earlier than normal, allow yourself to enjoy the silence in the house, enjoy a hot cup of coffee or tea, read the paper, etc.
- Laugh, watch a funny movie or TV show
- Give yourself a break; ask yourself whether an issue at hand is really worth getting upset about
- Make a list of 5 great qualities of yourself save it for a rainy day remind yourself of these qualities often
- Cook a healthy meal
- Give yourself credit
- Change one thing to improve your diet
- Take a short nap
- Get a massage
- Read a book for pleasure
- Crossword or Sudoku puzzles
- Play a game on the computer
- Go to a park and enjoy nature
- Go out to dinner
- Take a hot bath
- Spend time alone
- Garden
- Smile
- Laugh
- Write in a journal
- Listen to soothing music
- Give yourself permission to say "no" to something you really don't have time for or are not interested in
- Say "yes" to something you'd really like to do
- Hug your kids