



Parents, **TAKE CARE OF YOURSELVES!**

Self Care doesn't have to be overwhelming, expensive, or complicated. Start by picking one or two things below:

When we take time to care for ourselves, we can:

- 1.** Lower stress levels
- 2.** Teach our children to value their health and wellbeing
- 3.** Be better, healthier, calmer parents

When we neglect self care, it can affect our physical health, causing issues like a weaker immune system and high blood pressure. But it can also affect our mental health, triggering things like depression and anger management issues. These issues can make it even more difficult to care for our children.

If you need help to make self care happen, ask a trusted friend or relative! Parenting can be tough. It's okay to ask for help.

SCAN
of Northern Virginia
www.scanva.org/prc

Physical *care*

- Eat a nutritious meal (don't skip meals!)
- Make sure you are getting enough sleep
- Exercise or move around
- Get some fresh air and natural light
- Drink a glass of water (stay hydrated!)
- Schedule regular, preventive medical care
- Take a break from your phone, social media, etc.

Mental *care*

- Spend time with a friend
- Talk about and express your feelings (laugh! cry!)
- Do something that makes you happy or relaxed
- Work on your marriage or other relationships
- Say no to an extra responsibility

Spiritual *care*

- Give yourself quiet time
- Spend time in nature
- Attend a local place of worship
- Write in a journal