

# TIPS

## TAKING CARE OF YOURSELF

Because being a parent is a stressful job, taking care of yourself is important. To help your kids get the best from you, it helps to have tools and ideas to help you manage stress.



### HAVE BACK-UP PLANS FOR STRESSFUL DAYS

To give your family a movie night, easy dinners, family game night, sing together, watch the sunset, know someone you can call for help.



### SLOW DOWN OR STOP

Rest. Take breaks. Take a walk or a few moments to reset or relax. Take some deep breaths until you feel calmer.

### ASK FOR SUPPORT

Talk with a trusted friend, family member, professional counselor or family doctor. Find a support group to connect with others.

### ACKNOWLEDGE AND REFLECT ON YOUR EMOTIONS

Try to understand what is going on for you so you can make a plan about what you want to do.

### TAKE TIME FOR YOURSELF

Do things that you enjoy and that bring meaning to your life. Practice positive self talk.

### TAKE CARE OF YOUR HEALTH

Get enough sleep, eat healthy meals, limit alcohol and other unhealthy substances.



### REFLECTION:

What are some ways you take care of yourself that show your children how to take care of themselves in tough times?

Five horizontal lines for writing a reflection.