

SELF-CARE

for parents & caregivers

BY MERRYMOUNT



SELF-CARE

BECAUSE YOUR PHYSICAL &
MENTAL HEALTH MATTER!



What is self-care?

Self-care includes healthy and positive activities we deliberately engage in to take care of our mental, emotional or physical health. Drinking lots of water, exercising, engaging in mindfulness, taking a break, are all examples of self-care.



Why is self-care important?

By prioritizing activities that help manage stress and promote a healthy lifestyle self-care helps us maintain our general health and sense of wellbeing. As parents we can't pour from an empty cup and self-care practices help us be the best we can be for our kids.



Why is modeling self-care to my children important?

By role-modeling healthy and positive self-care practices we are teaching our kids that it is important to prioritize our physical, mental and emotional health.



Self-care doesn't need to be costly or time consuming.

Self-care can be as simple as taking a moment to recognize something nice in your environment and to welcome in a feeling of contentment.

Consider some of the things that bring you and your children comfort and joy. Consider making them available throughout the day or at times when you are feeling overwhelmed or stressed.

YOU CAN'T POUR
FROM AN
EMPTY CUP.

TAKE CARE OF
YOURSELF FIRST.

Areas of Well-being



Physical Well-being

PHYSICAL WELLBEING IS A
BALANCE OF EXERCISE, SLEEP,
NUTRITION, HYDRATION AND
RECEIVING MEDICAL CARE
WHEN NEEDED.



** What I feel I am doing well to support my physical well-being*

** What isn't working / areas I would like to improve*

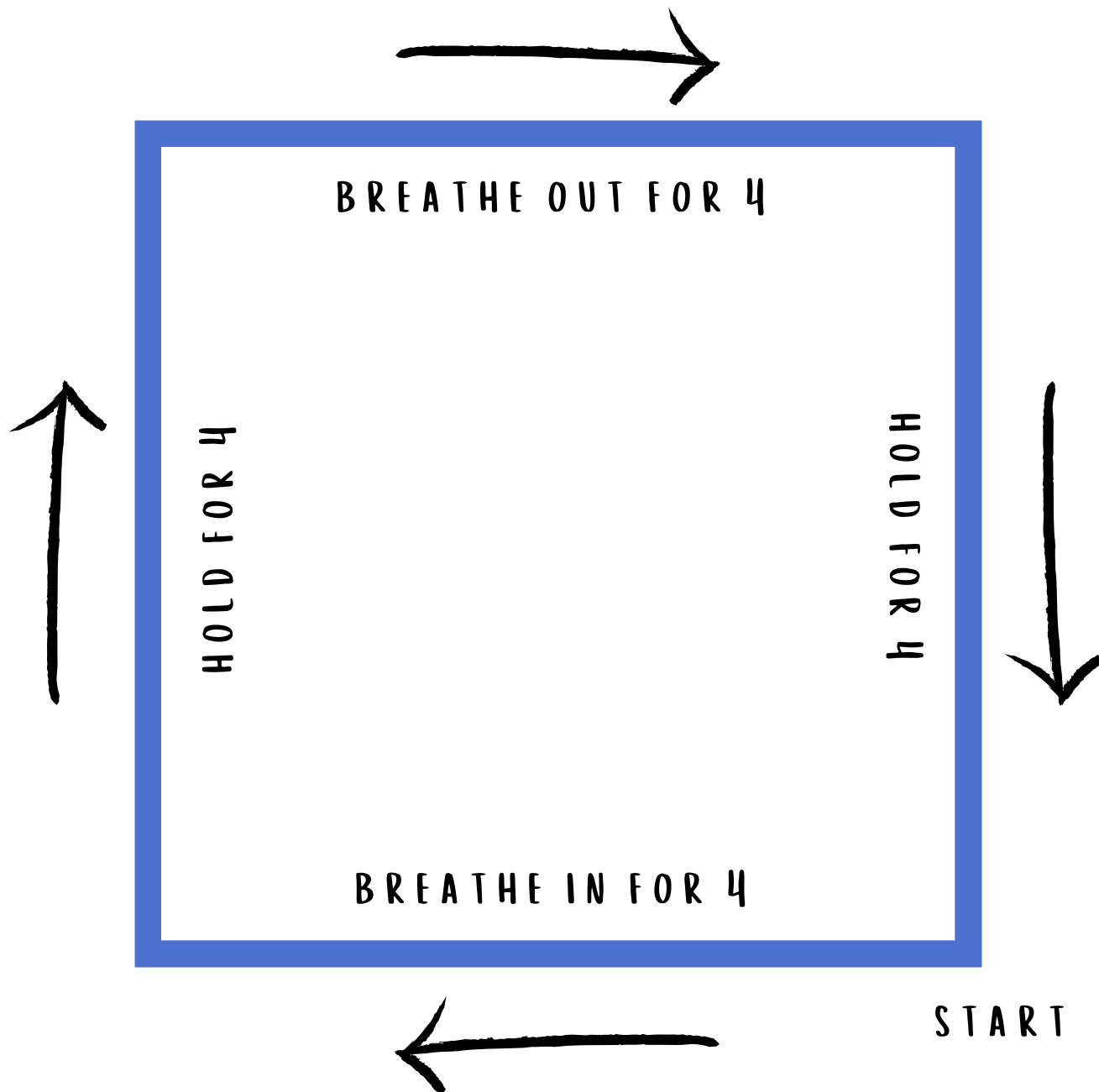
** My plan moving forward*

** Try this*

A healthy sleep routine can be a great way to keep sleep a priority. Consider setting up a simple routine before bed to help you unwind, this could be reading a poem, doing some stretches, introducing a calming scent into your space. Remember that screen time before bed can be very disruptive to your sleep. Try to avoid screens 1 to 2 hours prior to bedtime.

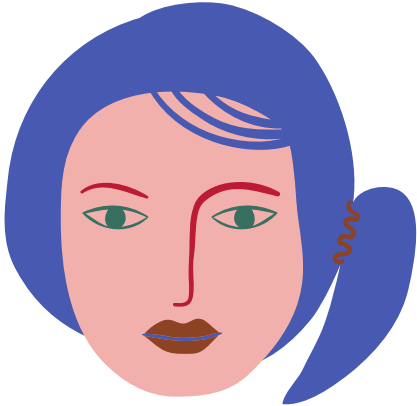
Breathe

SQUARE BREATHING



Psychological Well-being

“PSYCHOLOGICAL WELL-BEING IS ABOUT LIVES GOING WELL. IT IS THE COMBINATION OF FEELING GOOD AND FUNCTIONING EFFECTIVELY. (HUBERT, 2009, P.137) ”



✧ What I feel I am doing well to support my psychological well-being

✧ What isn't working / areas I would like to improve

✧ My plan moving forward

✧ Try this

Journaling is a great tool that helps us process our thoughts, feelings and experiences. Consider setting a time each day to journal, even if it's just a sentence or two. If you aren't sure where to start pick one of the journaling prompts below.

- list the things you are grateful for today.
- note the highlights and challenges of your day.
- write about a time you had to face a fear or challenge and how you did so.
- write yourself a note of encouragement.

what I can or can't control

There are lots of things in life we won't be able to control. Understanding what we can or can't control in our lives can help us direct our energy to the things we can influence or change.

THINGS I CAN'T
CONTROL

THINGS I CAN
CONTROL

Emotional Well-being

EMOTIONAL WELL-BEING ISN'T ABOUT FEELING HAPPY ALL THE TIME. IT IS ABOUT KNOWING HOW TO PROCESS OUR EMOTIONS IN A HEALTHY AND PRODUCTIVE WAY, ONE THAT IS RESPECTFUL TO OURSELVES AND THOSE AROUND US.



** What I feel I am doing well to support my emotional well-being*

** What isn't working / areas I would like to improve*

** My plan moving forward*

** Try this*

To better understand and process your emotions try a daily emotional check in. This can be done on your own or as a family. See the following page for a daily emotional rating scale. If you notice a pattern of increased difficult emotions make sure to reach out for support.

daily check in

Recognizing how we feel is an important part of supporting our emotional wellness and mental health. Spending some time each day with our feelings can help us process our emotions and respond to them in a healthy way. Complete the check in below each day to see how you are feeling. Remember to approach this exercise with self-compassion rather than criticism or judgement.

HAPPINESS

NONE |-----| VERY HAPPY

SADNESS

NONE |-----| VERY SAD

ANGER

NONE |-----| VERY ANGRY

FEAR

NONE |-----| VERY FEARFUL

EXCITEMENT

NONE |-----| VERY EXCITED

LOVE

NONE |-----| VERY LOVED

✱ One thing I am grateful for today:

If you notice a pattern of increased difficult emotions make sure to reach out for professional support. Reaching out for support is an important self-care practice!

Spiritual Well-being

SPIRITUAL WELL-BEING IS ABOUT CONNECTING TO SOMETHING GREATER THAN OURSELVES AND LIVING WITH PURPOSE.



** What I feel I am doing well to support my spiritual well-being*

** What isn't working / areas I would like to improve*

** My plan moving forward*

** Try this*

Consider an activity that helps you feel connected to the world around you. It could be volunteering, spending time in nature or connecting with a community organization.

Set time aside throughout the year for you to engage in this big picture activity.

lean into kindness

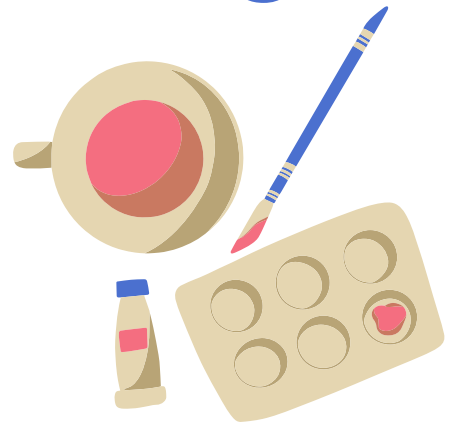
Did you know that “kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!”. Complete the kindness challenge below and note how you feel.

- GIVE A LOVED ONE A CALL TO SAY HELLO.
- SEND AN ENCOURAGING EMAIL OR LETTER.
- SEND SOMEONE A GOOD MORNING TEXT.
- PRAISE A LOCAL BUSINESS ONLINE.
- SAY SOMETHING KIND TO YOURSELF!
- GIVE SOMEONE A COMPLIMENT.
- ASK A SENIOR ABOUT THEIR PAST.
- POST POSITIVE MESSAGES AROUND YOUR HOME OR NEIGHBOURHOOD.

 How I felt after completing this challenge

Personal Well-being

PERSONAL WELL-BEING IS ABOUT CULTIVATING A POSITIVE RELATIONSHIP WITH YOURSELF.



** What I feel I am doing well to support my personal well-being*

** What isn't working / areas I would like to improve*

** My plan moving forward*

** Try this*

If you are feeling disconnected from yourself ask yourself "what is something new I can try that will bring me joy". Set some time each week for this new activity, it can be as simple as reading an article on a topic you would like to know more about, listening to a podcast or trying out a new recipe. Pick what makes you feel good!

abc's of gratitude

For each letter of the alphabet name one thing
you are thankful for.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

V _____

W _____

X _____

Y _____

Z _____

Professional Well-being

PROFESSIONAL WELL-BEING IS ABOUT FINDING FULFILLMENT IN THE WORK THAT YOU DO WHILE KEEPING A HEALTHY WORK/LIFE BALANCE BY SETTING APPROPRIATE BOUNDARIES.



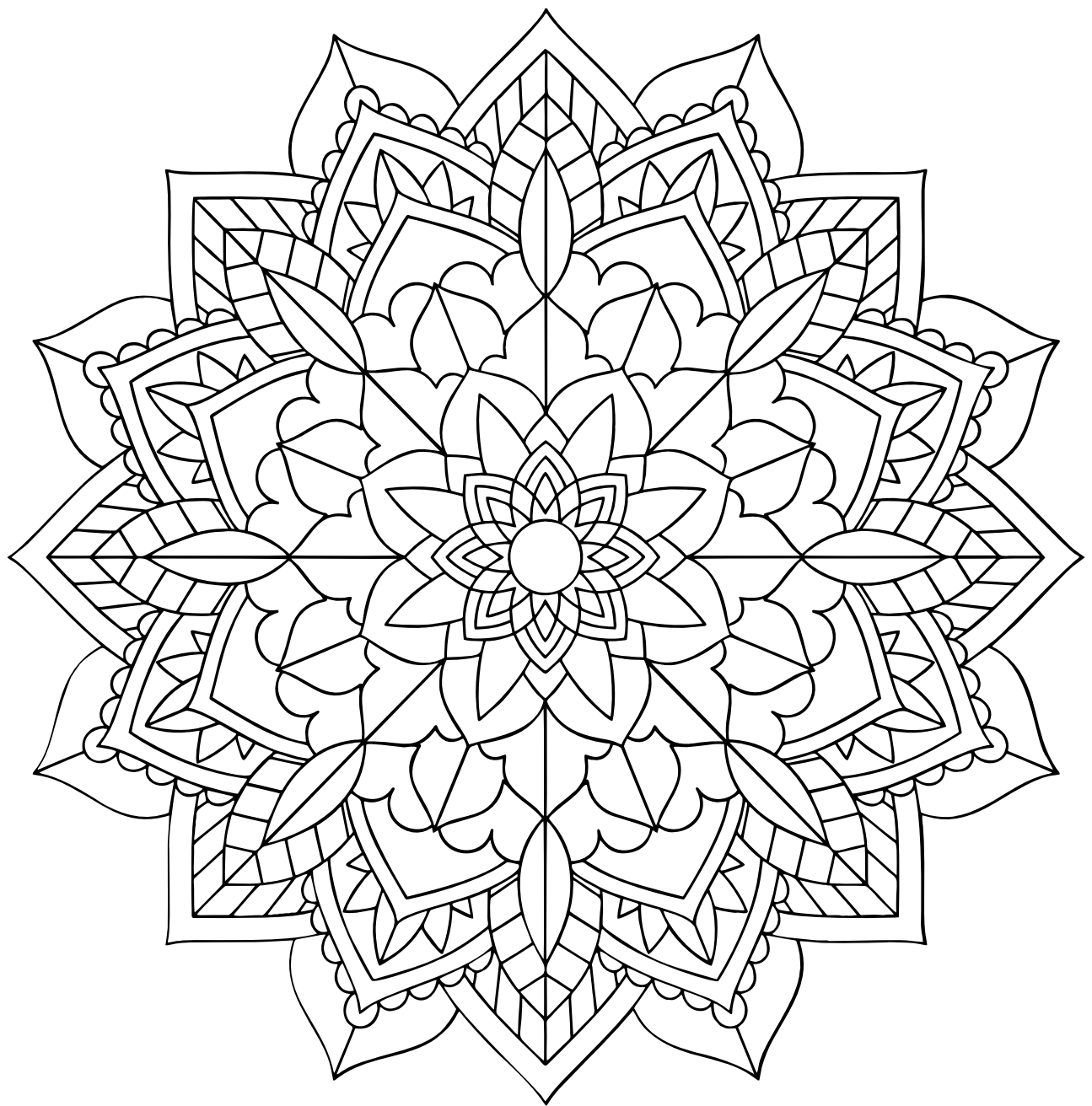
** What I feel I am doing well to support my professional well-being*

** What isn't working / areas I would like to improve*

** My plan moving forward*

** Try this*

Because many of us spend so much time at work our professional well-being can have a big impact on our overall well-being. If you are feeling stuck in a rut at work consider what aspects of your work are the most meaningful to you, are there ways you can build skills in this area? Consider reading an article, listening to a podcast or watching a webinar on this topic to boost your motivation and engagement.



Social Well-being

SOCIAL WELL-BEING IS ABOUT FOSTERING HEALTHY RELATIONSHIPS WITH OTHERS. WHEN WE SURROUND OURSELVES WITH PEOPLE WE LOVE AND TRUST WE TEND TO FEEL BETTER BOTH PHYSICALLY AND EMOTIONALLY.



** What I feel I am doing well to support my social well-being*

** What isn't working / areas I would like to improve*

** My plan moving forward*

** Try this*

Keep it simple ... chatting with a neighbour on the street corner is an example of social connection. Research is clear that we benefit most from social connection when we engage in face to face interaction. Schedule time during the week to share a cup of coffee with a close friend, or become active in your community, volunteer, or join a club with others who share similar interests. The ole adage is true, we are stronger together!

Self-Care Checklist

Checkoff which self-care practices below work best for you!

- | | | |
|--|---|--|
| <input type="checkbox"/> BREATHE DEEPLY | <input type="checkbox"/> STRETCH | <input type="checkbox"/> LIGHT A CANDLE |
| <input type="checkbox"/> TAKE A WALK | <input type="checkbox"/> JOURNAL | <input type="checkbox"/> COLOUR |
| <input type="checkbox"/> HAVE A GLASS OF WATER | <input type="checkbox"/> MAKE TEA | <input type="checkbox"/> LOOK AT FAMILY PHOTOS |
| <input type="checkbox"/> CALL A FRIEND | <input type="checkbox"/> SPREAD KINDNESS | <input type="checkbox"/> PRACTICE GRATITUDE |
| <input type="checkbox"/> HAVE A BATH | <input type="checkbox"/> WEAR SOMETHING COZY | <input type="checkbox"/> HUG A LOVED ONE |
| <input type="checkbox"/> GO FOR A RUN | <input type="checkbox"/> WATCH A FUNNY VIDEO | <input type="checkbox"/> ASK FOR HELP |
| <input type="checkbox"/> READ | <input type="checkbox"/> MEDITATE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> LISTEN TO CALMING MUSIC | <input type="checkbox"/> GIVE YOURSELF A PEP-TALK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SIT WITH A PET | <input type="checkbox"/> TAKE A BREAK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> MAKE ART | <input type="checkbox"/> DANCE OR SING | <input type="checkbox"/> _____ |



SELF-CARE
ISN'T SELFISH