

# Winter Self-Care Guide

Parents... *Winter is  
Coming*



# Instagram Series



## Moving for Mental Health

SUZY READING



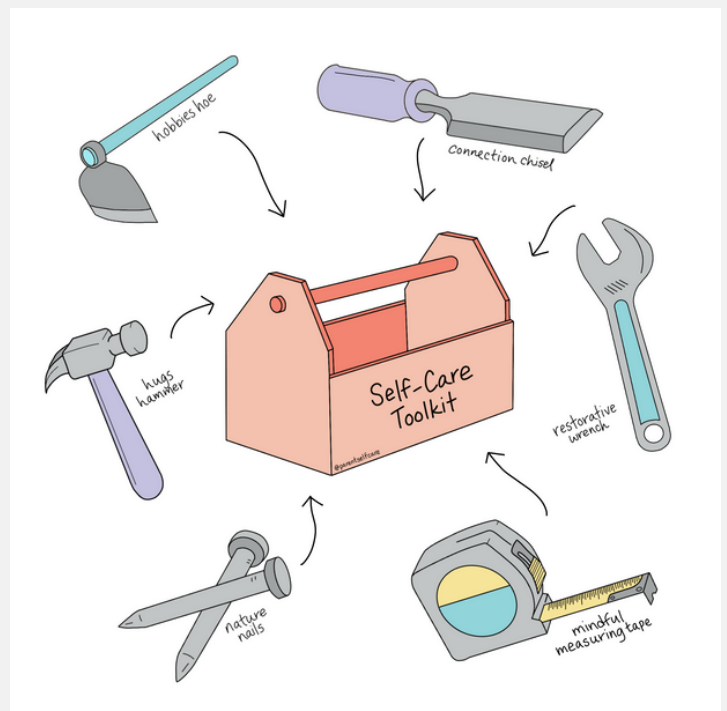
PARENT SELF-CARE

## Mood Booster Inspiration

Suzy Reading



PARENT SELF-CARE



# Winter Self-Care Menu

"Do something today that your future self will thank you for."

*~ Sean Patrick Flanery*

Ways I can show myself kindness:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

People that make my heart happy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Ways I like to move my body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Items for my self-care kit or nook:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Self-Care Menu Ideas

## PHYSICAL SELF-CARE:

- Get 7-9 hours of sleep per night
- Move your body (e.g. Yoga, Tai Chi, workout video)
- Dance + sing to your favorite song
- Take a walk outside
- Stay hydrated
- Eat regular meals and snacks
- Mindfully eat comfort food
- Follow up with your medical providers as scheduled

## ENVIRONMENTAL SELF-CARE:

- Tidy or organize
- Create a donate pile
- Decorate your home
- Light a candle
- Himalayan salt lamp
- Add plants to your living space
- Hang up a piece of art
- Try a diffuser

## OCCUPATIONAL SELF-CARE:

- Organize your to-do list
- Set boundaries between home and work
- Focus on projects that energize you
- Set an intention for the workday based on your core values
- Do something generous for your co-worker

## SPIRITUAL SELF-CARE:

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray
- Meditate
- Read spiritual or self-help literature
- Talk to loved ones or spiritual leaders about your spiritual questions and beliefs

## EMOTIONAL:

- Creative writing, journaling
- Try an optimism writing prompt
- Send a letter or email of gratitude
- Donate to a charity organization
- Coloring, painting, arts + crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Meditation app
- Watch a funny movie or comedy special
- Spend time in nature
- Drink hot cocoa or tea
- Do a face mask or put on lovely smelling lotion
- Take a bath and add essential oils
- Follow inspiring social media accounts
- Visualize your goals and dreams
- Write down your strengths
- Say positive affirmations or mantras
- Share your feelings
- Ask for help
- Unplug from devices
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

## RELATIONAL SELF-CARE:

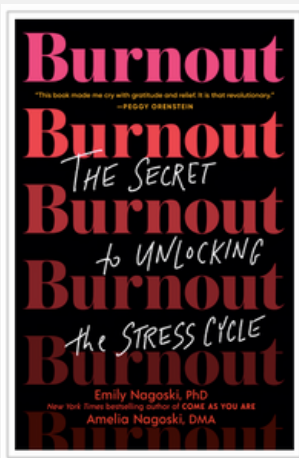
- Reach out to a loved one
- Tell a loved one why you appreciate them
- Text a picture of a happy memory to a friend
- Write a handwritten letter to a friend
- Date night

## INTELLECTUAL SELF-CARE:

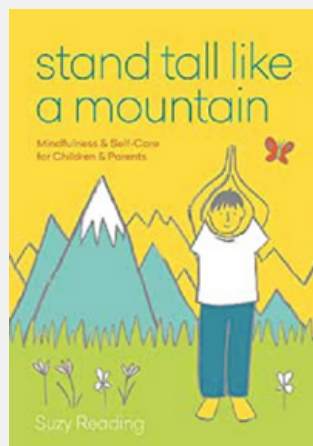
- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Do a puzzle

# Self-Care Resources

## Books



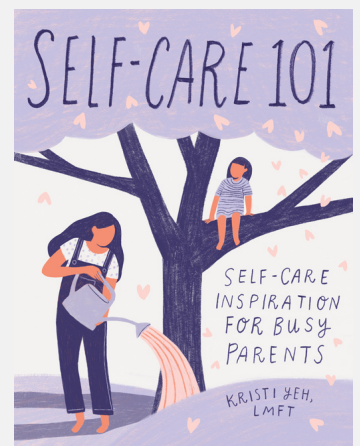
*Burnout* by Emily Nagoski, Ph.D. + Amelia Nagoski



*Stand Tall Like a Mountain* by Suzy Reading

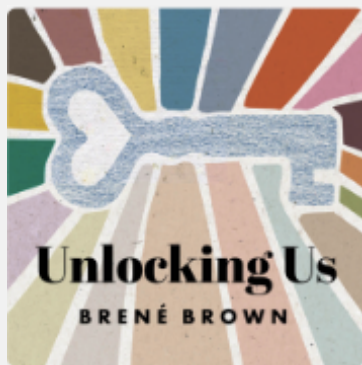


*The Joy of Movement* by Kelly McGonigal, Ph.D.



*Self-Care 101 for Busy Parents* by Kristi Yeh

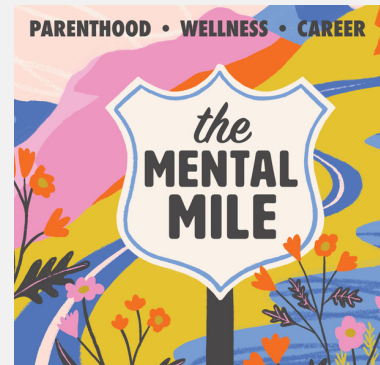
## Podcasts



Unlocking Us



The Science of Happiness



The Mental Mile: Parenthood, Wellness + Career