SIMPLE SELF-CARE

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SIMPLE SELF-CARE FOR PARENTS

“To survive as a parent you must ensure that your self-care is as good as your child-care.” - FI Newood

Here are some simple ideas to help you give yourself time to rebuild your inner resources:

• Sit down with a cup of coffee, or your favorite beverage, and take a 15-minute breather for yourself.
• Sit quietly and meditate or rest for 5 minutes.
• Take a nap IF you can.
• Go for a walk. Just notice the beauty around you.
• Take one day to plan your menu for the week. You will not have to scramble at the last minute to figure out what is for dinner.
• Do you have a hobby? Take 30 minutes and make yourself smile.
SIMPLE SELF-CARE FOR FAMILIES

“Nothing is better than going home to family and eating good food and relaxing.” - Unknown

You can take care of yourself and each other at the same time. Here are some ideas:

• Cook a meal together. Give each person a task and enjoy it together when you are done.
• Play a game of cards.
• Have a special dessert.
• Play a game of Monopoly.
• Play a game outside.
• Go for a bike ride. Don’t forget to wear helmets.
• Go for a walk. Breathe deep.
SIMPLE SELF-CARE FOR EVERYONE

“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.” -Unknown

• Tidy your desk. If you are working from home, it will help you focus when you need to.
• Create a spot in your home to relax - a comfortable chair, a place to set a drink down, a candle, and some music.
• Take a bubble bath. Add candles and some music and you’ll feel like a new person.
• Take 20 minutes to do some stretches or go for a walk. Breath deeply.
• Take a break from your computer if you are working from home. Take a walk or have a cup of coffee. Working from home can be stressful.
• Unplug for the day.
• Cook something fresh and delicious.
SIMPLE SELF-CARE

• While the suggestions I’ve given here are not for everyone, SELF-CARE IS FOR EVERYONE.
  • Create your own list and don’t forget to do them.
  • Take a deep breath.
  • Call a friend. Yes, call them, don’t text.
  • Keep your mind open and look for those 5-minute increments where you can focus on the thing you are grateful for.