

SELF-CARE FOR PARENTS: **IN THE MIDST OF A PANDEMIC**

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YOU GOT THIS!!!

What does SELF CARE mean to you?

www.menti.com and use the code
1549 3093

or

<https://www.menti.com/j23fo9sqq8>



SELF-CARE IS NOT SELFISH OR INDULGENT

**IT'S HOW WE KEEP OURSELVES WELL TO ENSURE THAT WE ARE PHYSICALLY,
EMOTIONALLY, AND MENTALLY CAPABLE OF BEING THERE FOR OUR CHILDREN.**

WHAT REALLY IS SELF-CARE ANYWAY?

MAYBE IT'S TIME TO RETHINK SELF-CARE.

IT MEANS FINDING WAYS TO NURTURE YOURSELF IN THE MIDST OF YOUR CURRENT LIFE AND RESPONSIBILITIES.

REALISTIC SELF-CARE:

DOESN'T COST A LOT OF MONEY

DOESN'T TAKE A LOT OF TIME

DOESN'T DIMINISH THE CARE YOU GIVE TO OTHERS.

IT IS NOT ABOUT:

BEING SELFISH

SHRINKING OUR RESPONSIBILITIES

IGNORING THE NEEDS OF OUR FAMILIES AND COMMUNITIES,

It also is NOT about finding the perfect fix or magic wand answer to all of your issues.

WHAT REALLY IS SELF-CARE ANYWAY?

It IS about:

- being honest with ourselves about what we can and can't handle;
- figuring out what aspects of our work and schedules we have control over;
- making choices about how to most effectively spend our time and energy; and
- recognizing that we all have unique gifts, preferences, circumstances, and challenges, so there's no 'one size fits all' approach to self-care.

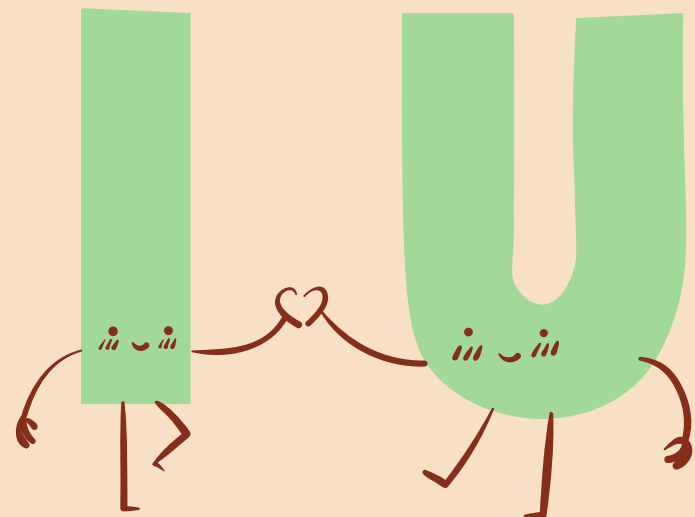
SELF CARE TIPS FOR PARENTS

- Make time for yourself – be intentional about creating space to recharge & decompress
- Make healthy choices a priority – eating well, getting regular exercise, and getting enough sleep; treat your body well
- Be realistic with the expectations you have for yourself – make forgiveness and self-compassion an intentional practice; remember that the Pandemic has changed a lot of our “norms”
- Set boundaries and honor them – be careful not to absorb other people’s worries and concerns
- Reconnect with things you enjoy – get back in touch with your hobbies



SELF CARE TIPS FOR PARENTS

- Set and maintain a routine at home – having a routine decreases anxiety for all family members in the home
- Focus on things you can control, NOT things you cannot control
- Be intentional about focusing on what IS working rather than what is NOT working
- Listen to music/books and read books and magazines for pleasure and interest
- Become involved with your community or volunteer organizations; this can take your focus away from yourself and your worries
- Avoid risky or destructive behaviors as an escape



SELF CARE TIPS FOR PARENTS

Spend some time outside in the sun

Focus on small things that you enjoy

Stretch your body on a regular basis

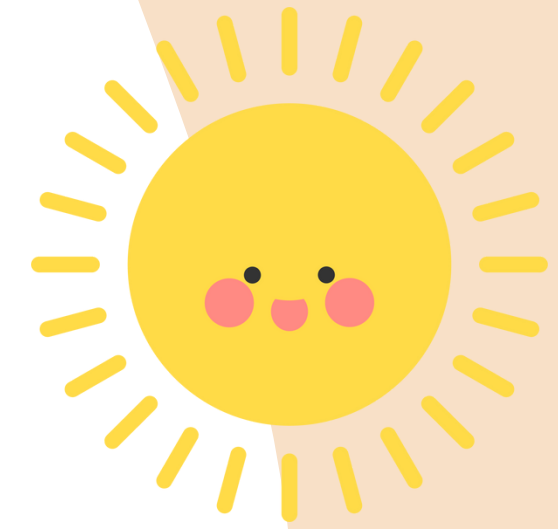
Focus on how you feel in the moment – laughing, feeling joy, and relaxing

Touch base with your social supports – talk it out!

THINK POSITIVE

Affirm yourself on a daily basis!

Engage in random acts of kindness – being kind to others helps us to feel better



SELF CARE TIPS FOR PARENTS

- Monitor your media intake – constantly consuming media can increase anxiety and agitation
- Adopt mindfulness and relaxation techniques – deep breathing, meditation, being present with yourself in quiet moments
- Acknowledge if you need additional help and support from a professional, and take action... if you are not able to take action, seek help and support from family and friends to assist you with taking that step!

Questions???

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