



Self-Care for Caregivers

It is important that we take care of ourselves as parents and caregivers. When we make time for ourselves, it helps us be better for those we love.

- *Listen to Music*
- *Read a Book* – many libraries offer virtual lending libraries for e-books for your phone, laptop, and digital device.
- *Join a Virtual Book Club* – check your local library’s website or check out several online resources.
- *Start a Gratitude Journal* – Find private time each day to write things you are grateful for and simple things can be the best. This is also a great activity to teach your child.
- *Create a To Do List* – Pick one thing a day to tackle and check it off – give yourself credit. Even taking a nap can go on a To Do List.
- *Take a Break from TV and Electronics* – Taking a break from the outside world for the better part of or an entire day, can give your body time to rest and reset.
- *Don’t Set an Alarm* – Allow yourself to wake up naturally a couple of days a week.
- *Take a Nap* – Nap time is good for all of us – young and older. It restores and rejuvenates.
- *Meditate Each Day* – Practice mindfulness – there are a lot of great resources online or simply focus on your breathing for one minute.
- *Enjoy One Activity Each Day* – Maybe it is the first cup of coffee or a hot shower or waking before others and listening to the outdoor sounds – embrace those quiet solitudes and allow them to be part of your routine.



Citations: Morin, Amy. (2020, January 31). 15 *Self-care strategies for parents*. Verywellfamily. <https://www.verywellfamily.com/self-care-for-parents-4178010>; PEPS. (n.d.). *Self-care for parents*. <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>; Zero to Three. (2007, February 3). *The importance of caring for yourself during periods of military-related stress*. <https://www.zerotothree.org/resources/35-the-importance-of-caring-for-yourself-during-periods-of-military-related-stress>