

# Self-Care Tips for Parents & Caregivers

As a parent, grandparent or caregiver, you may be juggling multiple roles while prioritizing your family's health and safety.

But don't forget: your health matters, too! Prioritizing your own well-being can help you be a better caregiver for your children and family members.

## HOW TO USE

Try these 5 psychology-backed tips to relieve stress, boost physical and mental health, and help you continue supporting your family



## Take care of your body

When you can, take time to exercise, eat fruits and vegetables and maintain a healthy sleep routine. Remember - it's OK to take small steps!



## Give yourself some space

Choose one place within your environment to call your own, such as a room, desk or spot in your home. If you are working from home with other people, try using a sign or cue to indicate when you are available to interact. Watch this short video for even more tips to create personal space in a busy home.



## Focus on what you can control

When we are overwhelmed, it can be easy to get stuck in a cycle of worry and stress. Practice identifying what you can control (e.g., making a list, calling a friend) and accepting what you can't (e.g., child's school assignments, the news).



## Schedule a daily "worry window"

If you are having anxious thoughts regularly, try scheduling 15 minutes each day to focus on those thoughts or write them down. Outside of this scheduled time, practice focusing on the moment and reminding yourself to save your concerns for your next "worry window."



## Congratulate yourself for a job well done

Remind yourself that everything you are doing to support loved ones is making a difference and it is OK not to "do it all." Breathing and living one day at a time is a huge accomplishment!