

PARENTAL SELF-CARE

During this difficult time, parents and teachers have made it a priority to support the social emotional needs of our students. One of the most powerful ways we can teach our kids to practice self-care, is to model it ourselves.

If you or your family are in need of support, please reach out to [Michelle Brent, Adjustment Counselor](#) or [Jennifer Curry, School Psychologist](#)



Things that might be triggering your anger right now...

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The things that are hard for our children are often the same things that are hard for us as parents...

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Things we prioritize for our children,
but not ourselves as parents...

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"bath" time



clothes



consistent meals



rest



time to "unplug"



happiness



trying new things



"play dates"/ friend time



medical/dental visits



fun

Small, but powerful things I can
do for myself during all of this...

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disconnect from social media



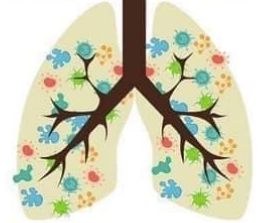
connect with loved ones (from afar!)

pause and take a deep breath

notice the good in the midst of the not so good



take a shower and put on some clean clothes



slow down & rest my brain and body

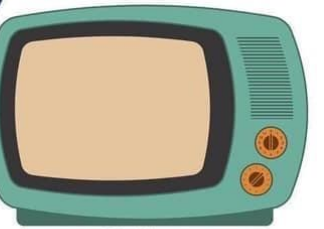
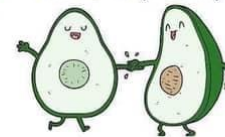


get some fresh air

find a way to smile or laugh



move my body



turn off the news

What I
might be
thinking...

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I have so much to do,
I need to get up. I
don't have time to lay
around like this.



What might
be more
helpful...

This feels nice. I'm
allowed to rest and
have this moment of
peace.

