



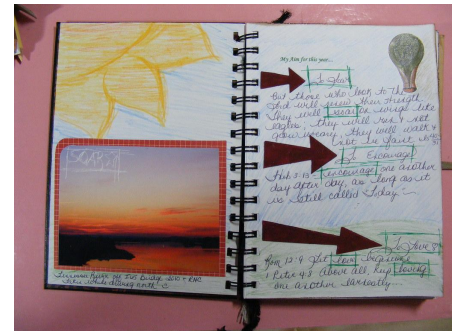
Warcham Public Schools/Office of Beyond School Time

Self Care Ideas & Resources for Parents

Everyone is overwhelmed with the changes COVID-19 has brought upon us. Whether you are working from home, distance learning, caring for your family, maintaining a household, trying to keep it all together, or all of the above, *you* need to make time for *yourself*. Taking a moment each day to practice self care can make a difference. Self care can improve your motivation, frustration tolerance, mood, and overall well-being. Remember, when you practice self care, you are actively modeling positive behaviors and habits for your children. Below are some ideas for self care at home:

Journaling

If you pick up school-prepared meals, you may receive a small journal from us in the near future. These journals are intended for our amazing parents and guardians, but you can share with your children if you prefer. Journaling is an excellent self care tool. Journals are great because you can make them into whatever works for you; there are no rules. Well, maybe just one rule: *make time for yourself to use it!* Here are some ideas and prompts:



- *Daily Intention Journal*: Take some time in the morning to set an intention for the day. Reflect without judgment before bed and write down how your day went and if you carried your intention throughout the day.
- *Mood Tracking Journal*: Assess your mood throughout the day as you would like. Reflect, or just log how you feel. Look back and see if you can find patterns.
- *Doodle Journal*: Doodle how you feel or just have fun with some free drawing.
- *List Making Journal*: Make a new list each day with a prompt of your choice (ex. 5 things I am grateful for, 5 things I want to achieve this year, etc.)
- *Dream Journal*: Wake up and jot down any dreams you can recall. That one dream might make a really good book or movie someday!
- *Mixed Media Journal*: Collages, sketches, doodles, and journal entries all mixed into one awesome journal!
- Journalbuddies.com has a whole list of ideas, including 48 prompts specific to the current pandemic:

<https://www.journalbuddies.com/journaling-resources/pandemic-journal-prompts/>

Set Boundaries

It is healthy to set limits and say “no” to family, friends, and coworkers. When the work day is over, answering e-mails, texts, or calls is over, too.



Self care? There's an app for that!

Most of these apps are low cost or free with options to upgrade for more features:

Meditation & Sleep Apps

[Insight Timer](#)

[Calm - The #1 App for Meditation and Sleep](#)

[Headspace: Meditation and Sleep Made Simple](#)

[Relax Melodies | Sleep and Relaxation App](#)

Take a break with a shelf full of virtual fidget items App

[Antistress - Relaxing games on the App Store](#)

Journaling App

[Jour: Journal for Mindfulness](#)

[Stigma: Mood Tracker and Journal](#)

Multi-tool Mental Health App

[What's Up? - A Mental Health App on the App Store](#)

[The Mood Meter App is Here](#)

[Stigma: Mood Tracker and Journal](#)

[Happify: Science-Based Activities and Games](#)

[Shine | Calm Anxiety & Stress](#)

Practice Mindfulness

You can't make a self care guide without mentioning mindfulness. Mindfulness has created quite the buzz among mental health gurus, and there is good reason for it. Mindfulness is simple, quick, and doesn't cost anything except a few minutes of your time. You don't have to purchase a journal or an app, you can simply take a breath and use your senses to soak in the world around you. There are a lot of ways to practice mindfulness, so it is up to you to figure out what practice works best for your needs! One practice that is simple and grounding is the 54321 technique, shown in the image to your right. You can practice this while you are sitting, eating, showering, walking, etc. For more ideas on mindfulness, try out one of the apps above or Google!



Exercise & Fresh Air

Getting outside and exercising are essential to our well-being, inside and out. But making time for exercise and fresh air and finding the motivation to get started is the biggest challenge of all. Do not shame yourself if you are not physically or mentally able to get exercise everyday. Simply going for a walk, stretching your body, or going up and down the stairs a half dozen times in a day all count as exercise. Do what you can and be kind to yourself if you are not yet able to do more.