



As a parent or caretaker, it's essential that you take care of yourself! If you're like most people, you need to be told that it's all right to do things for yourself.

Practicing self-care is an important step to becoming a better parent.

“Self-Care” includes the simple, physical things but it also includes more psychological, social and even spiritual time for ourselves:

<p>DO YOU TAKE CARE OF YOUR PHYSICAL SELF?</p>	<p>DO YOU TAKE CARE OF YOUR MENTAL/EMOTIONAL SELF?</p>	<p>DO YOU TAKE CARE OF YOUR CREATIVE/SPIRITUAL SELF?</p>
<p>¿CUIDAS DE TU SER FÍSICO?</p> <ul style="list-style-type: none"> • Eat regularly in healthy ways • Get exercise • Receive regular, preventive medical care • Sleep enough • Take time away from the phone, email, TV, etc. • Spend time outdoors in fresh air and natural light 	<p>¿CUIDAS DE TU YO MENTAL / EMOCIONAL?</p> <ul style="list-style-type: none"> • Spend time and stay in touch with friends & family • Express emotions, allow yourself to cry, talk about feelings • Find activities that make you happy or relaxed • Work on your marriage or other relationships • Say no to extra responsibilities 	<p>¿CUIDAS DE TU EL SER CREATIVO / ESPIRITUAL?</p> <ul style="list-style-type: none"> • Give yourself quiet time for self-reflection • Attend a local place of worship • Write in a journal • Spend time out in nature • Enjoy a hobby or learn something new
<ul style="list-style-type: none"> • Comer saludable y de manera sana • Hacer ejercicio • Reciba de forma regular, preventiva • Dormir lo suficiente • Tomar tiempo lejos del teléfono, correo electrónico, TV, etc. • Pasar tiempo afuera en el aire fresco y luz natural 	<ul style="list-style-type: none"> • Pasar tiempo con amigos y familiares • Estar en comunicación con otros • Expresa emociones, permítete llorar, hablar de sentimientos • Encuentra actividades que hagan estés feliz o relajado • Trabaja en tu matrimonio o otras relaciones • Di “no” a las responsabilidades adicionales 	<ul style="list-style-type: none"> • Darse tiempo de tranquilidad para autoreflexionar • Asistir a un lugar de alabanza • Escribir en un diario • Pasar tiempo afuera en la naturaleza • Disfrutar de un pasatiempo o aprender algo Nuevo

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