

# Parent Resource

## Self Care for Parents

Dear Parents,

You never cease to amaze us. In this time of uncertainty and transition, please be sure to take care of yourself. You are the cornerstone of your child's life but YOU need to take time to focus on yourself too! Any small step can help. The simple act of sitting to read a book can be calming for you and your child! Sometimes as simple pause, just to breathe and observe all that is around you can help you to reset. You matter and you are worth it!



## Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.



### Exercise

The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.

### Eat Healthy



Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.



### Sleep

Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.

### Learn and Explore



Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.



### Structure and Routines

Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.

### Practice Mindfulness



Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.



### Talk with a Friend

For mental health resources visit [EachMindMatters.org](http://EachMindMatters.org)

National Suicide Prevention Lifeline: **1.800.273.8255**

The Peer-Run Warm Line: **1.855.845.7415**  
for peer-run non-emergency emotional support.



Funded by counties through the Mental Health Services Act (Prop 63).