



# Parent Self-Care

Parenting with Integrity

# Parent Self-Care

- Place the oxygen on yourself before placing it on your child.
- If you are not taken care of, you will not be able to help them.
- Modeling healthy self-care is good for our children.



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# Care

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Care for self (Self care does not mean selfishness)

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Care for marriage relationship

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Care for parent-child relationship

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Care for family relationship

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Care for relationships

# Parent Self-Care

How well are you caring for yourself?

- Physical
- Emotional
- Mental
- Spiritual

# Physical Self-Care

- Sleep
- Diet
  - Regular meals
  - Nutrition
  - Hydration
  - Omega 3's
- Exercise
  - Bilateral movement
  - Enjoyable: dance, hike, run, play sports, sing, etc.
- Sex
- Health Care
  - Medical Care
  - Dental Care
  - Psychiatric Care
- Touch
  - Massage
  - Animal Contact
- Physical Energy Work
  - Cranial Sacral
  - Reiki
- Yoga
- Rest
  - Vacations with loved ones
  - Mini-Vacations with loved ones
  - Personal Retreats
  - Time away from computer/phone
  - Balance time for work, family, relationships, play and rest
- Prayer/Meditation/Visualization

# Emotional Self-Care

Community

Spend time with others whose company you enjoy

Stay in contact with important people in your life

Give yourself affirmations and praise

Love and nurture yourself

Write your story

Re-read favorite books, movies, music

Identify comforting activities, objects, people, relationships, places and seek them out

Allow yourself to cry

Find things that make you laugh!

Express outrage in social action, letters and donations, marches, protests

Play with children

Learn what tools your missing and get them!

# Mental Self-Care

Learn new things

Challenge yourself to grow in wisdom and knowledge

Regularly exchange ideas with others

Make time for self-reflection

Personal psychotherapy

Write in a journal

Read literature that is unrelated to work

Do something that you are not the expert or in charge

Attempt to decrease stress in your life

# Spiritual Self-Care

Pray/meditate

Read scripture

Have a meaningful relationship with God

Seek to find your purpose/calling

Make time for reflection

Spend time with nature

Find a spiritual connection or community

Be open to inspiration

Cherish optimism and hope

Be aware of non-material aspects of life

Try at times not to be in charge or the expert

Be open to not knowing



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