

10 self-care Tips for the Overwhelmed and Tired Parents

1. **Make self-care purposeful, enjoyable, and beneficial to your health**: difference between down-time and self-care is being intentional. Self-care should be enjoyable and done with the intention to improve your well-being.
2. **Consider the different ways to implement self-care (get creative!)**: reading, exercise, getting a restful night's sleep, meeting up with a friend etc.
3. **Setting aside at least 5-10 minutes per day**: shorter self-care is just as impactful as more lengthy activities as long as they are done with intention and enjoyable. It can be as simple as listening to your favorite songs uninterrupted for five minutes.
4. **Practice self-care with a partner or friend**: talk with friends, spouses, or partners about self-care ideas you can practice together.
5. **Incorporate self-care into an activity you are already doing**: Exercise, relaxing after the kids go to bed – these are things you may already be doing but they can also be self-care! These great opportunities for self-compassion can be extended through adding a sense of intention to it and practice it as self-care.
6. **Practice with your spouse/partner**: This is also an opportunity to improve the well-being of your relationship. Examples include cuddling, going for a walk, quality time connection without technology, playing a board game or listening to music together.
7. **Listen to your body**: Cues that you may be getting run down should be taken seriously. Irritability, exhaustion, achy – first bring any medical concerns to your doctor but listening to your body and taking care of your physical health is certainly a form of self-care.
8. **Make it routine**: Having something to look forward to can help you cope with tough days/weeks/months. Make self-care a routine to ensure you have that moment of peace to look forward to. This, in turn, will help maintain patience and emotional regulation in stressful situations.
9. **Teach your child(ren) about self-care**: Talking to your child(ren) about self-care can benefit them long term. This is also a bonding opportunity and opportunity to model good mental hygiene for your child(ren).
10. **Let go of guilt**: You can't pour from an empty cup. Taking care of yourself will undoubtedly help you care for your family.