



SELF-CARE IDEAS FOR PARENTS

Self-care is about taking time for you and only you. Doing what makes you feel good, happy, calm and focused on you.

Tips on what to do:

- Take a bath
- Go for a walk by the water
- Watch the sunset/sunrise
- Exercise
- Meditate
- Make yourself a nice meal
- Journal
- Read
- Pray
- Smudge
- Bake
- Learn a new skill
- Sew
- Bead
- Take a nap
- Have an adventure day
- Sing and dance
- Draw/paint
- Bring your dog for a walk
- Try yoga
- Turn off electronic devices
- Get outdoors
- Talk to an elder by phone
- Play with your children
- Go fishing
- Set snares
- Sit by the fire
- Create a collage
- Adult colouring books
- Look at the stars
- Lay in a hammock
- Listen to a comedian
- Do crafts
- Photography
- Watch a movie
- Cuddle with your pet

Self-care is not being selfish, it's paying attention to the person who matters most.