

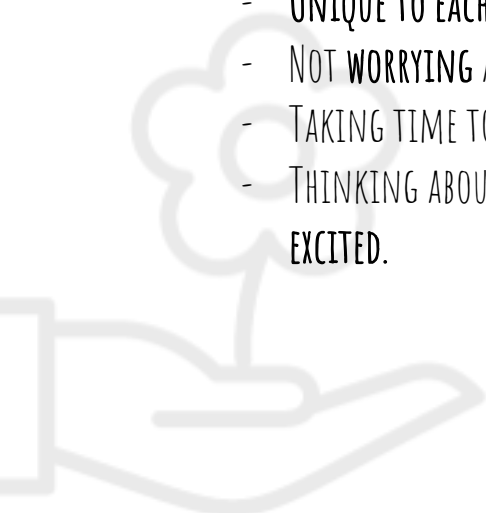
# DITCH THE GUILT

## SO WHAT IS SELF CARE?

WE WANT TO START BY SENDING A REALLY CLEAR MESSAGE TO EVERYONE. **WHAT YOU ARE DOING IS ENOUGH!** THE MOST IMPORTANT THING FOR YOU AND YOUR FAMILY AT THE MOMENT IS KEEPING WELL AND STAYING SAFE. IT'S **NOT ABOUT** LEARNING A NEW LANGUAGE, LOSING LOADS OF WEIGHT, OR BECOMING AN EXPERT IN DIY.

SELF-CARE IS:

- LOOKING AFTER YOURSELF AND DOING THINGS THAT MAKE YOU FEEL **HAPPY, CONFIDENT, INSPIRED, RESTED AND WELL.**
- TAKING THE TIME TO DO THINGS FOR YOU, NOT FOR ANYONE ELSE, **JUST FOR YOU.**
- **UNIQUE TO EACH OF US** AND CAN TAKE MANY DIFFERENT FORMS.
- NOT **WORRYING** ABOUT WHAT OTHER PEOPLE ARE DOING AND POSTING ON SOCIAL MEDIA.
- TAKING TIME TO **REFLECT** ABOUT WHAT MAKES YOU **HAPPY** AND GIVES YOU ENJOYMENT.
- THINKING ABOUT WHAT MAKES YOU FEEL **COMFORTABLE AND RELAXED** OR **ENERGISED AND EXCITED.**



OVERALL SELF-CARE IS ABOUT DOING THINGS THAT YOU ENJOY, MAKING TIME TO DO THEM, AND NOT FEELING BAD ABOUT IT.

## WHY SHOULD I DO IT?

WE ALL DESERVE TO SPEND TIME LOOKING AFTER OURSELVES. WE ARE OFTEN TAUGHT TO PUT EVERYONE ELSE'S FEELINGS, WELLBEING, AND HAPPINESS BEFORE OUR OWN, AND WE CAN FEEL GUILTY IF WE WANT TO DO THINGS THAT ARE JUST FOR US. AS PARENTS, KIDS ARE ONE OF OUR TOP PRIORITIES, HOWEVER IT IS ALSO IMPORTANT TO LOOK AFTER OURSELVES TOO. WITHOUT SELF-CARE WE MAY EXPERIENCE BURN OUTS WHICH CAN NEGATIVELY IMPACT US AND OUR KIDS. REMEMBER HAPPY PARENTS = HAPPY KIDS. IT'S IMPORTANT TO REMEMBER THAT IT'S NORMAL TO EXPERIENCE FEELINGS OF FRUSTRATION, EXHAUSTION, AND RESENTMENT SOMETIMES, PARTICULARLY IN CHALLENGING CIRCUMSTANCES. IT'S ALSO IMPORTANT TO KNOW THAT IT IS IMPORTANT TO DO THINGS THAT ARE JUST FOR YOU. SELF-CARE IS **NOT SELFISH, OR UNCARING. SELF-CARE IS CONSIDERATE, THOUGHTFUL AND KIND.**



INCLUDING SELF-CARE IN YOUR DAY SETS A GREAT EXAMPLE TO YOUR KIDS, SHOWING THEM THAT IT IS **IMPORTANT TO TAKE CARE OF YOURSELF.**

## HOW DO I FIND TIME?

YOU MIGHT THINK **I HAVE NO TIME FOR ME.** THE KIDS COME FIRST. I JUST DON'T HAVE THE TIME. BUT IF THERE ARE 24 HOURS IN THE DAY, AND YOU ARE SPENDING 23 AND A HALF HOURS SLEEPING, EATING, WORKING AND LOOKING AFTER THE KIDS, **COULD YOU FIND 30 MINUTES TO DO SOMETHING YOU LOVE?** HAVE A THINK ABOUT **30 MINUTES TO DO SOMETHING PURELY FOR YOU.** NO INTERRUPTIONS, NO ONE ASKING ANYTHING OF YOU. YOU ARE COMPLETELY IN CONTROL. NOW UNFORTUNATELY WE DON'T HAVE A MAGIC FORMULA, BUT WE CAN GIVE YOU SOME TIPS AND TRICKS TO HELP FIND THOSE **MAGICAL 30 MINUTES.** AGAIN, JUST LIKE SELF-CARE ITSELF THIS LOOKS DIFFERENT FOR EVERYONE, DEPENDING ON YOUR CIRCUMSTANCES (AGE OF KIDS, JOB, ETC.). THE KEY THING FOR EVERYONE IS MAKING SELF-CARE A PRIORITY. THINK OF SELF-CARE AS BEING AS



IMPORTANT AS HAVING DINNER AND GETTING ENOUGH SLEEP, BECAUSE IF YOU DON'T MAKE TIME FOR THESE ESSENTIALS THEN YOUR BODY DOESN'T FEEL GOOD. THIS SAME FOR FUN AND ENJOYMENT TOO.

### MAKE A TASK LIST WITH SELF-CARE LISTED NEAR THE TOP!



WRITE DOWN A LIST OF WHAT YOU AND THE FAMILY WANT TO ACHIEVE THAT DAY AND INCLUDE YOUR 30 MINUTE SELF CARE NEAR THE TOP. THINK ABOUT TIMINGS. WHEN ARE THE PINCH POINTS THAT YOU KNOW WILL BE CHALLENGING WITH THE KIDS (FOR EXAMPLE APPROACHING MEAL TIMES OR BED TIMES) AND AVOID THESE. IT'S OFTEN ABOUT SAYING NO TO SOMETHING TO BE ABLE TO SAY YES TO SOMETHING ELSE. FOR EXAMPLE SAYING NO TO THE KIDS HAVING A LATER BEDTIME, OR NO TO A CALL WITH A FAMILY MEMBER AND MAKING SURE YOU HAVE A CLEAR FINISH TIME FROM WORK, SO YOU CAN FIND YOUR EXTRA 30 MINUTES IN THE EVENING. OR IF YOU GET UP 30 MINUTES EARLIER TO HAVE A CUP OF TEA UNDISTURBED, OR TAKE 30 MINUTES TO WATCH TV WHEN THE KIDS ARE ASLEEP RATHER THAN WORKING OR DOING CHORES. IT'S ABOUT BEING CREATIVE WITH YOUR TIME.

### MAKE A DAILY TIME TABLE

JUST LIKE WHEN WERE AT SCHOOL, IT CAN SOMETIMES HELP TO ORGANISE OUR DAY IN SLOTS OF TIME. CREATE A GRID AND TIME SCALES TO SHOW WHAT YOU ARE DOING WHEN AND WITH AN AGREED AMOUNT OF TIME. THIS CAN HELP YOU PLAN IN TIME FOR SELF-CARE AND FEEL MORE IN CONTROL. REMEMBER, SOMETIMES IT CAN BE ABOUT SAYING NO TO SOMETHING TO SAY YES TO SOMETHING ELSE. CAN YOU REARRANGE AND RESCHEDULE OR JUST SIMPLY NOT DO SOMETHING TO PUT YOURSELF FIRST.



## SO WHAT CAN I DO?

SELF-CARE LOOKS DIFFERENT FOR EVERYONE. IT CAN BE MANY DIFFERENT THINGS AND THERE ARE NO RULES HERE. ULTIMATELY IT COMES DOWN TO TWO IDEAS, A) DOING THINGS THAT YOU ENJOY AND MAKE YOU HAPPY B) LOOKING AFTER YOUR BODY AND MIND. BY THINKING ABOUT THESE THINGS, YOU WILL BECOME STRONGER AND MORE RESILIENT AND THIS WILL HELP YOU TO COPE WITH ALL THE CHALLENGES AND DIFFICULTIES BEING THROWN YOUR WAY. WE HAVE CREATED A LIST OF SUGGESTIONS AND THINGS TO CONSIDER THAT MIGHT HELP YOU TO RELAX AND UNWIND, OR TO FEEL INSPIRED AND EXCITED. OR JUST SIMPLY TO HELP YOU SWITCH YOUR MIND OFF FROM BEING A PARENT AND HELP YOU TO RECONNECT WITH YOURSELF.



## MINDFULNESS MATTERS

HAVING HEAD SPACE AND TIME TO DECLUTTER YOUR BRAIN OF THOUGHTS REALLY HELPS US TO FEEL A BIT MORE IN CONTROL AND RESTED. CLICK ON THE BUTTON BELOW TO TAKE YOU THROUGH TO SOME USEFUL INFORMATION ON HOW MINDFULNESS MIGHT WORK FOR YOU.



## MOVE YOUR BODY

THINK ABOUT HOW YOU MOVE YOUR BODY. CONSIDER WHAT MAKES YOU FEEL HEALTHY, HAPPY AND STRONG. EXERCISING AT HOME AND MAKING THE MOST OF SPENDING SOME TIME OUTSIDE EVERY DAY, CAN HELP TO KEEP YOUR BODY AND MIND HEALTHY. CLICK THE BUTTON BELOW TO FIND OUT MORE.



## KEEPING CONNECTED



STAYING IN CONTACT WITH OTHER ADULTS WHEN YOU HAVE KIDS IS IMPORTANT FOR OUR WELLBEING. HAVING A GROWN-UP CONVERSATION AND CONNECTING WITH OTHERS WHO UNDERSTAND WHAT YOU ARE GOING THROUGH IS IMPORTANT. PHONES CALLS AND GROUP CHATS AND STAYING CONNECTED, IN A POSITIVE AND HEALTHY WAY ON SOCIAL MEDIA CAN REALLY HELP. JUST REMEMBER THAT ALL OUR FAMILIES ARE DIFFERENT AND TRY NOT TO COMPARE YOUR EXPERIENCE WITH OTHERS. AND IT DOESN'T HAVE TO JUST BE A CHAT. PERHAPS YOU COULD TAKE PART IN A GROUP QUIZ, OR GAMES SESSION OR MAYBE YOU COULD TAKE PART IN A KITCHEN DISCO WITH YOUR MATES. CLICK THE BUTTON BELOW FOR MORE KEEPING CONNECTED IDEAS ON OUR KEEP CONNECTED PAGE.



## GET CREATIVE

THINK ABOUT MAKING SOMETHING FOR YOURSELF NOT THE KIDS. COOKING, DRAWING, PAINTING, COLLAGE, PHOTOGRAPHY, SEWING, COLOURING, GARDENING, FIXING UP YOUR CAR. KEEPING THE BRAIN ACTIVE WITH READING, MUSIC, DANCE, POETRY AND SPOKEN WORD, USING YOUR IMAGINATION AND RESOURCES YOU HAVE AROUND YOU AT HOME.

## SWITCHING OFF

WATCHING A NETFLIX SERIES, LISTENING TO A PODCAST, PLAYING YOUR FAVOURITE MUSIC CAN ALL HELP YOU TO ZONE OUT, RELAX AND UNWIND. THERE IS A LOT OF PRESSURE FOR US ALL TO BE 'DOING SOMETHING' OR MAKING THE MOST OF THE TIME AT HOME. NO-ONE IS GOING TO BE HANDED OUT PRIZES FOR THE MOST LANGUAGES LEARNT



OR BEST BANANA BREAD MADE. IF YOU WANT TO WATCH BACK TO BACK HOLLY OAKS, PLAY FIFA FOR AN HOUR OR WATCH THE WHOLE SERIES OF THE WAKING DEAD THEN THAT'S OK TOO.

### A BIT OF SELF INDULGENCE

CREATE YOUR VERY OWN SPA EXPERIENCE AT HOME. A NICE LONG HOT BATH (UNINTERRUPTED) WITH CANDLES, BUBBLES AND A FACE MASK. NOT GOT A FACE MASK? MAKE YOUR OWN MASK/SCRUB WITH CINNAMON AND HONEY. ADD A TEASPOON OF CINNAMON TO A TABLE SPOON OF HONEY, MIX TOGETHER TO FORM A PASTE AND APPLY TO THE SKIN. THERE ARE ALL SORTS OF OTHER FOOD BASED FACE MASKS TIP ON LINE. JUST BE CAREFUL TO PATCH TEST YOUR SKIN FIRST FOR ALLERGIES. HAVE A GO AT A DIY FACE OR HAND MASSAGE AND WHY NOT FINISH BY PAINTING YOUR FINGER AND TOE NAILS TO FEEL TRULY PAMPERED.

### BE YOUR OWN SUPER STAR STYLIST

SHOP YOUR OWN WARDROBE AND REFRESH YOUR LOOK FOR ZERO POUNDS. BY HAVING A WARDROBE DECLUTTER AND SORT OUT YOU MIGHT DISCOVER THINGS YOU'VE NOT WORN FOR AGES, OR FORGOT YOU HAD. BY SORTING THROUGH AND REORGANISING YOUR CLOTHES, YOU CAN EXPLORE PUTTING DIFFERENT THINGS TOGETHER YOU HAVEN'T TRIED BEFORE FOR A COMPLETELY NEW LOOK THAT DOESN'T COST YOU A PENNY! OR TRY CUSTOMISING YOUR CLOBBER. WE'RE THINKING RHINESTONES, GLITTER AND SEQUINS HERE. OR HOW ABOUT DYING OR TIE DYING YOUR CLOTHES FOR A NEW AND EXCITING LOOK TO HAVE SOME FUN WITH.

