

Self-Care & Needs of Life

Let's talk about self-care! Why is self-care so important, especially if you have little ones around? Well, research states that in order to be a calm, affectionate, and empathetic parent/caregiver, you need to take good care of yourself. You need to set some time aside daily **JUST** for yourself to restore mental and physical balance. It becomes very difficult for us to take care of our children, if we don't take time to take care of ourselves first.

Setting time aside for self-care daily, does not mean it has to be an hour or two. It can be a little as 10-15 minutes as long as you are doing something you enjoy!

Physical Needs:

- Eat nutritious meals
- Get enough sleep
- Exercise
- Get some fresh air
- Stay hydrated
- Take a break from your phone (social media)

Emotional/Social Needs:

- Talk to a friend/family member
- Write down some goals you have
- Think positively
- Do something that makes you happy

Spiritual Needs:

- Write in a journal
- Do some yoga
- Do something that inspires you
- Spend some time outdoors (keep social distance of course)!

Intellectual Needs:

- Read books
- Play intellectual board games
- Listen to podcasts

When we neglect self-care, it affects our physical and mental health in many different ways. It can affect our physical health by weakening our immune system and affect our mental health by triggering things like depression, and anxiety. When our mental and

physical health is affected in a negative way, it becomes very hard for us as adults to care for our children.

So please take some time out of your busy day today and do something that you enjoy!!