



The Clay Center for
Young Healthy Minds
Shining light on mental health through education.

10 Self-Care Tips for Parents

Why self-care? By taking care of our own mental health, we show our kids that we care about how we ourselves are doing – modeling the importance of looking after oneself, especially as you grow up.

1. **Carve out your TIME.** If we care for ourselves, then we can better care for others in our lives. Scheduling time for self-care is one of the best ways to make it happen.
2. **Set priorities.** As parents, *we can't do everything*. Try to set priorities within obligations. And give yourself permission to let go of some of the things that aren't priorities.
3. **Choose fun things to do, in advance.** Keep things simple and doable. In advance, choose a couple of things you consistently look forward to doing and can realistically build into your schedule.
4. **Spend time with family and friends.** Humans are not meant to be solo pilots, though many of us as parents find ourselves swamped. We all need the pleasure of spending time with friends and loved ones.
5. **Find folks to take care of you.** In our role as parents, we are the consummate caretakers – it's what we do. But "we all need somebody to lean on." Identify who in your life can be that support when you need it.
6. **Get out of the house.** We need to see more than our workplace and home. Going for a walk or taking a drive or bus ride can reduce feelings of confinement and clear your head.
7. **Pamper yourself.** From time to time, our kids expect that we go overboard to give them a treat. Shouldn't you also get a little something extra, every so often?
8. **See your doctors regularly.** Everyone should have an annual visit with their primary care physician, as they will help you maintain your health and prevent illness.
9. **Stay organized.** When our chores at home are in disarray, it can feel stressful! Finding the most effective ways for you to keep your life in order is essential in caring for yourself.
10. **Plan for your future.** Too often in the hectic days of caring for our kids and working one or more jobs, we forget to think about how we want to live in the next 5 to 15 years. It's helpful to consider ways to save money and plan for desired transitions. While it's important to enjoy our blessings of the moment, it can also be inspiring to look ahead.

Thanks for all you do to support a young person in your life. It really makes a difference.

For more resources, visit us online:
mghclaycenter.org/

