COVID-19 Issues

Self-Care



What is self-care?

- Self-care is care provided "for you, by you"
- Self-care refers to activities undertaken with the intention of enhancing energy, restoring health and reducing stress

What are benefits of self-care?

- Greater capacity to manage stress
- Increase resilience
- Reduce symptoms of mental health challenges

Why Self-Care?

- Increase enjoyment in our lives;
- Cope with stressful events and sadness;
- Achieve goals and potential
- Maintain positive connections with others;
- Better equipped to support our children;
- To benefit ourselves and our families.

What can I do?

- Use humor, smile, laugh out loud
- Rest
- Read the comics
- Watch a favorite movie
- Color, draw, work on an art project
- Count your blessings
- Learn to relax
- Be aware of your thoughts and behaviors
- Exercise
- Pray and Meditation
- Write in a journal
- Light a candle
- Take a warm bath





Source

Adapted from <u>Take Care of Yourself Self-Care Webinar by Yetta Myrick</u>

The Parents' Place of Maryland • 802 Cromwell Park Drive • Suite H • Glen Burnie MD 21061 Phone 410-768-9100 • Fax 410-768-0830 • ppmd.org/contact • <u>www.ppmd.org</u>

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