

Here are a few self-care strategies to help parents strengthen relationships, be compassionate toward themselves, and renew their energy:

1. Journal for 20 minutes. Write in a free-flowing stream-of-consciousness style. Notice feelings that are just under the surface.
2. Turn on uplifting music – maybe a song with a strong message you need to hear, some rock and roll song you loved in high school, African drumming, flute music, or a catchy pop single.
3. Write and send a card to someone – a birthday card, a “thinking of you” card, a “get well” card, a “congratulations” card, or a “no-reason” card. Even a positive, uplifting text would be nice!



4. Make yourself a nice drink like chamomile tea, hot chocolate, or juice – and sip it slowly.
5. Schedule at least 1 uninterrupted hour with a close friend – out for coffee or a drink, on the phone, out for dinner, or out for a walk.
6. Color a picture from a coloring book with or beside your child. Take your time.
7. Go on a social media kindness spree – use 20 minutes to post nice comments on people’s social media or through messenger.
8. Make a cozy spot – make a blanket fort with your kids and climb in it with them (resting and hiding and giggling).
9. On a single piece of paper, write down 3 things that are weighing on you, stressing you, or bothering you; put a dash after each one with a single action-step that may help relieve it.
10. Plan a special one-on-one date with your child – e.g. hiking, painting pottery, or going to a minor-league baseball game.
11. Call a friend or loved one – say, “I’m having a hard time with this. Do you mind if I talk this out with you

Adapted from <https://www.psychologytoday.com/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>