

TAKING CARE OF YOU



October is Mental Health month, so it's a good opportunity to think about how we look after ourselves as parents.

Self-care is essential

It is okay, actually it is necessary, to claim some time for yourself in order to function as a parent.

It doesn't need to take much time

5 or 10 minutes a day can make a big difference to your health.

For single parents or parents of very young children it can be difficult to get even 5 or 10 minutes. It can be beneficial to do a self-care activity with your children, such as exercising, start the day with a warm drink, yoga, breathing activities and simple meditations.

If you only have a few minutes

- Have a hot drink in the sunshine
- Just BREATHE! Slowly and deeply
- Do a short mindfulness activity
- Write in a journal
- Listen to your music
- Stretch

Got more time

- See a friend
- Do a session of yoga
- Exercise
- Read a book (one without pictures).
- Star-gaze or make pictures from the clouds
- Watch a movie or TV show
- Play with your dog / cuddle your cat

Teach your children about self-care

Children will need practice at giving a parent self-care time but if you give them a time frame and are clear about interruptions they will learn that they can manage.

Check out more here: <http://mentalhealthmonth.wayahead.org.au/>