



Realistic Self Care for Parents

Self-care is not just about indulging in bubble baths or getting your hair perfectly curled; it's about taking care of your holistic well-being. It starts with the basics of physical care and extends into our mental and emotional care. Even in the most hectic of lifestyles, there are strategies you can employ to incorporate self-care into your routine:

Micro Self-Care Moments: You don't need hours for self-care; short, frequent breaks can help. Take a few minutes to engage in deep breathing, stretch, or simply step outside for fresh air.

Set Boundaries: Learn to say no to additional commitments when you're feeling overwhelmed. Especially in the postpartum 6 months, you can release yourself from parties, dinners, and hosting. Let that go. Protect your personal time as you would work-related tasks.

Schedule It: Put self-care activities on your calendar, just like you would with meetings or appointments. Treat them with the same level of importance.

Combine Activities: If possible, combine self-care with other activities. For example, listen to relaxing music while commuting, practice mindfulness during your lunch break, or exercise with friends for social interaction.

Delegate and Outsource: For example, use online grocery ordering or have a friend or family member who wants to "help" complete a specific task like folding laundry or bringing you more diapers etc. Having specific tasks in mind for family and friends will make postpartum "help" a lot more helpful.

Self-Care at Work: Incorporate self-care practices at your workplace, such as taking short breaks to stretch, having a healthy snack, or practicing relaxation techniques.

Remember, self-care is about making conscious efforts to prioritize your well-being in all its facets, even in small ways, amidst a busy schedule. It's a journey to a healthier, happier you.