

I DON'T KNOW HOW TO CARE FOR MYSELF IN STRESSFUL TIMES

Webinar Tip Sheet



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Redefine self-care

Self-care does not need to take a lot of time or money. Just taking a few minutes for yourself each day such as meditating, listening to music or completing a simple breathing exercise can help you recharge. Create a list of quick self-care options, anywhere from 1-15 minutes. Remember self-care is essential, not selfish.



Define your family values and build stress alleviating strategies together

Use your family values to determine what is most important to prioritize in your family so that you can say yes to the things that matter most. Create family routines that balance responsibilities and allow moments of connection, like sharing the best part of the day or doing chores together.



Engage in meaningful, present parenting

Reframe daily routines as opportunities for intimacy and learning. Be present in moments like family meals, homework, or shared chores. Intentionally model emotional awareness by naming feelings and practicing calming techniques like breathing exercises together.



Let go of guilt. Shift cultural and personal expectations

Challenge perfectionist or guilt-inducing thoughts, especially around parenting or holidays. Focus on authentic, value-driven moments and unplug from social media or external pressures. Create your own family traditions and emphasize joy, connection, and simplicity.

