

# Survival Kit for Parents and Carers

As a parent or carer, it is important to look after yourself so you are better able to support your children. Try these simple but effective ideas designed to help you look after your wellbeing.

## Have some fun

Try something you wouldn't normally do, such as karaoke, a quiz night for friends or an online dance class.



## Time for you

Spend 1 hour at the weekend doing something just for you. This could be something you have been meaning to watch, read or cook for some time.

## Laugh

Limit how much news you watch or listen to, look at something that makes you laugh instead!



## Be positive

Write short positive notes to yourself and leave them where you can see them.

## Feel good

Wear a new outfit or something that makes you feel special – do your make-up or wear your favourite perfume or aftershave.

## Show gratitude

Write a thank you text or note to someone who has helped you or you appreciate.



## Reconnect

Phone, text or write to a friend you have lost touch with.



## Be creative

Try drawing, making, or revamping something.



## Exercise

Do some physical activity - go for a walk or bike ride, do some yoga or try an online class.



## Structure

Ensure you have a good routine in place. Make a plan for the day with breaks and fun built in.



## Do something familiar

Remember a hobby or an interest that you used to have as a child and start it again.

## Breathe

Explore the power of breathing techniques. When things seem hectic, take 5 minutes to stare out of an open window or practice techniques outside.

## Seek help

Find help when you need it - it's ok to not be ok.

## Stay regulated

Try to do a body scan at a quiet time in your day. Explore the impact this has on your wellbeing and see if you can build it into your routine.



## Self-appreciation

At the end of every day, think of 3 things that went well.