

It's easy to forget to take care of yourself during this time. Self-care is so important, though, because it sets you up to be the best caregiver for your child. Here are some quick and easy ways to make sure you are taking care of yourself, every step of the way.

Validate Your Feelings

Your emotions may be unpredictable – and that's okay. You may go through feelings of anger, grief, exhaustion, joy, guilt, happiness, sadness and everything in between. Allow yourself to feel these things, and give yourself the grace and space to work through them. Be kind to yourself, and know that sometimes, these feelings may even come out of nowhere.

Express Yourself

With all of these feelings going on, you will need to express them in your own way. This will help you acknowledge, work through and release what you are feeling. You can express your emotions through journaling, making art, talking to a trusted friend or counselor, playing or listening to music, or whatever else allows you to feel and let go. You can keep it private or share it with others. The important part is that you are giving yourself the opportunity to express yourself.

Ask for and Accept Help

If you try to take everything on yourself, it may become too much. Look to your “village” – your community of friends, family, coworkers, neighbors – for help. They want to be there for you, and they need you to accept their help. This could be as simple as having someone bring you a meal or



pick something up from the pharmacy for you. You don't have to go through this alone, and your child will benefit from you getting this help.

Take Care of Your Mind and Body

When you are on the go and stressed, it's easy to eat unhealthy foods. Have healthy snacks at home and to-go, to keep your body fueled with the right nutrition. Work in some exercise that you like – even if it's just for 10 minutes at a time. Talk to a counselor or therapist to support your mental well-being.

Breathe Deeply

In just a few seconds, you can calm your mind and body down with some slow, deep breaths. Breathe into your belly, hold it for a few seconds, and slowly breathe out. A few of these deep breaths will help reset your body to a state of calm.

Bonus Tip: Schedule time to do all of this. It can be daily or weekly, and for any amount of time – as long as it is protected time when you can focus on yourself. Having it actually in your calendar, with pop-up reminders, can help you stay on track with your self-care.

