

## **PARENTS NEED SOME SELF CARE, TOO!**

As parents, one of your main goals is to take care of your children, which means helping to calm any nerves that they have about this school year. It can become easy to not prioritize your own needs — but it is just as important to make sure you're taking care of yourself, too!

Here are some self-care tips and ideas for parents and other adults that you can begin to incorporate into your day once you are back into a "normal" school routine.

## \* YOUR SELF-CARE CHECKLIST \*

- Plan De-Stressing Activities.** Take things slow! Try meditation or mindfulness.
- Care For Your Mind.** Keep your mind engaged by reading, or talk to a counselor or friend.
- Assemble a Supplement Regimen.** You may want to consider adding a daily multivitamin, multimineral, and probiotic into your routine.
- Make Time For Daily Movement.** Whether it's walking, biking, yoga, or any other activity that you enjoy, aim to exercise 30 minutes a day!
- Grab a Water Bottle.** Hydration is so important — try to drink half of your weight in ounces of water every day.
- Prioritize Healthy, Whole Foods.** While supplements can help fill in the gaps, try getting most of the nutrients your body needs from your diet.
- Plan Your Alone Time.** To make sure that you have the energy that you need to take good care of yourself and live a happy, healthy life, make sure to take some "you time" each day.
- ...And Spend Time With Others, Too!** Making time to stay close with friends and family is worth it, even if you're just calling up someone you're close to each day to see how they're doing.
- Remember To Be Grateful.** Your attitude may play an important part in how you feel throughout the day, both mentally and physically. That's why it's so important to practice gratitude!
- Catch Plenty of Zzz's.** Do whatever it takes to get enough sleep! Even if it means heading home earlier each night or powering down your devices before bed for the sake of your sleep, it's worth it!

