

Self Care and Parenting

Debunking the Myths



Beverly Weathington, LMSW
MPSI , Community Engagement Coordinator

www.mpsi.wayne.edu

Commonly Held Myths About Self Care

It Is Expensive

It Takes Too Much Time

It Is Selfish

It is not Needed

What We Say To Ourselves About Self Care

- Pursuing interests outside of parenting is selfish
- I should be able to handle it all on my own
- Parenting is all about making sacrifices
- I'll go back to my life when the kids are older

What Is Self Care?

Intentional (planned) things that we do to improve our well being on the following levels:

- Physical
- Emotional
- Mental
- Spiritual



Self Care and Expense

Giving Yourself a Time Out Does Not Have to Be Expensive

Really think about:

- What you enjoy
- Wish that you had more time to do
- Helps you feel energized, grounded, refreshed
- Is doable and manageable with planning

Low/No-Cost Self Care Suggestions

1

Work on
your sleep
habits

2

Listen to
prayer or
meditation
app

3

Set aside
time to
spend with
other adults

4

Take a break
from media
and
electronics

Self Care and Time

Self Care Does Not Have to Take Time Away From Your Family

- It can take a short period of time
- It can involve your children
- It can occur while kids sleeping/not home



Self Care Is Not Selfish

Taking Care of You
Helps You to Be More
Available to Others



Why Focus on Yourself?

- You are important
- You need/deserve to have time to yourself
- Your family benefits from seeing you care for yourself
- You need to recharge

Long Term Benefits of Self Care



Healthy



Happy



More Energy



Better Outlook

Self Care and Parenting

Debunking the Myths



Beverly Weathington, LMSW
MPSI , Community Engagement Coordinator

www.mpsi.wayne.edu