

Self Care and Parenting



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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 focus on me later





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 & Expense

Giving Yourself a Time Out Does Not Have to Be Expensive

Really thing 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 & 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

