# Self Care and Parenting

## Debunking the Myths



Beverly Weathington, LMSW MPSI, Community Engagement Coordinator

#### Commonly Held Myths About Self Care

It Takes Too Much Time

It Is Selfish

It Is Expensive

It is not Needed

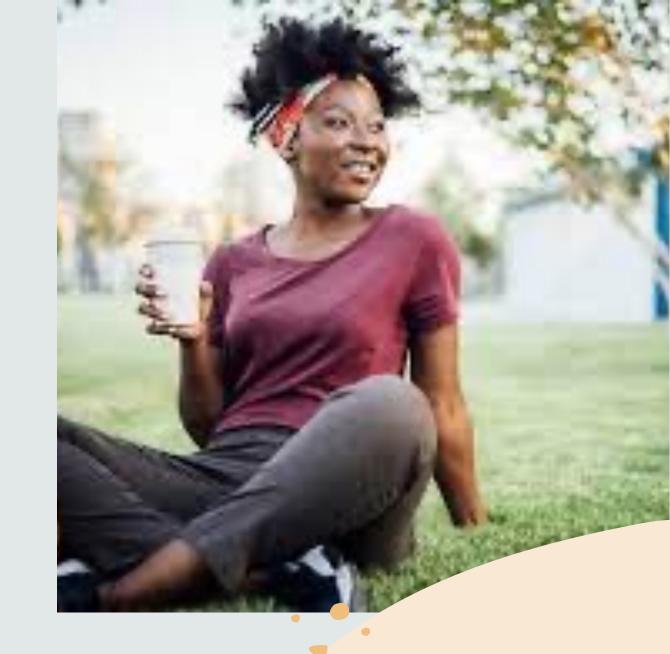
### What We Say To Ourselves About Self Care

- 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

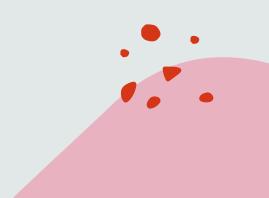


### Self Care and Expense

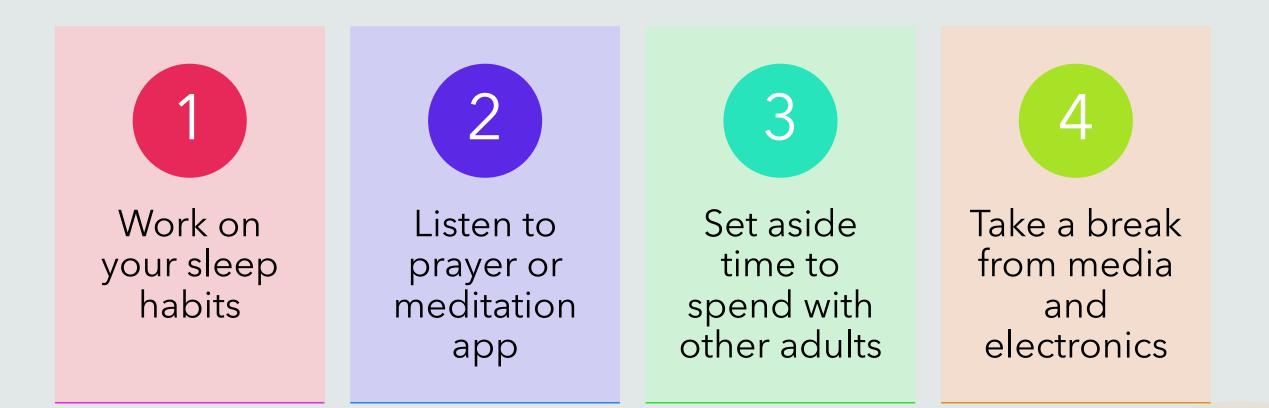
Giving Yourself a Time Out Does Not Have to Be Expensive

#### **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



### 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



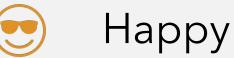


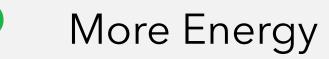
### Why Focus on Yourself?

- 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







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