Self Care and Parenting

Debunking the Myths

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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

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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

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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

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# 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

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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

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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

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Long Term Benefits of Self Care

- Healthy
- Happy
- More Energy
- Better Outlook

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