



Caring for Yourself

It can be easy to neglect your own physical, mental and emotional well-being when you are overly focused on caring for your child.

Remember - **the best way to care for your child is to first ensure that you take good care of yourself.** Self-care is not selfish, and "me time" is important.

Here are some ways that you can engage in self-care:

Consider what self-care looks like for you



Physical

- Getting enough sleep
- Eating healthily
- Exercising



Emotional

- Managing stress healthily
- Engage in a hobby
- Journaling



Social/Relational

- Spending quality time with loved ones
- Asking for support

Take breaks



Set aside some time to recharge. It can be as little as taking the time to listen to your favourite song.

Watch your media consumption



- Be careful of what you read and hear on the media daily, as it can impact your mood and mindset.
- Balance the negative news sources with positive ones by subscribing to uplifting media content.

Let go of tension



You can try the following to release tension in your body:

1. Sit in a quiet place with your eyes closed.
2. Take three deep breaths. Breathe in for three counts, and breathe out for five counts.
3. Squeeze your hands into fists, then slowly release your fists to let go of the tension in your hands.
4. Take three more deep breaths.
5. Move your shoulders up towards your ears, then relax.
6. Take three deep breaths.



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Be aware of and understand your feelings and reactions



1 Acknowledge your feelings and do not blame yourself when things do not go as planned.



2 Take a moment to think about what might be making you feel negatively about yourself. Ask yourself what worked well in a situation, and what could have been done differently.



3 Seek help and support from the people that you trust, if needed.



4 Monitor for possible signs of distress in yourself.



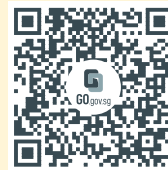
5 If you find that you have been struggling and feeling distressed despite seeking support from those around you, consider seeking help from a mental health professional.

Discuss your experiences with other parents



If you are feeling discouraged or lost, speak to other parents to hear their experiences and tips. Here are a few avenues for you to connect with other parents:

- Approach your child's school to join the Parent Support Group (PSG).



- For community support groups, you can find out more about the 'Families for Life' online community for parents by scanning this QR code.



- For fathers, you can find out more about 'DADs for Life' support groups by scanning the QR code or emailing cff@fathers.com.sg to join a group.



- For mothers, you can find out more about 'MUMs for Life' support groups by scanning the QR code or emailing connect@mumsforlife.sg to join a group.

