



PADRES COMPROMETIDOS

SESSION 8: IT'S TIME TO CARE

Self-care strategies

1. **Carve out time during the day to do something for yourself.** While your children are at school or with a family member, you can carve out some time to do something that will bring you joy. Find what you like to do or an activity that helps you with stress and do it!
2. **Go for a walk or run outside.** One way to help you relax is by spending some time outside. You can do different things outside, like walking, running, or biking. This is also an activity that you can do with your whole family.
3. **Find a hobby.** Parks and recreation centers or community-based organizations often have free classes for adults. You might find a variety of classes in your community that you can enroll in. For example, there might be classes on crocheting, arts & crafts, or even on learning how to use the computer.
4. **Home remedies and teas.** From generation to generation, our families have passed down recipes for home remedies or teas that improve our emotional, physical, and mental states. These teas help us to relax or to feel more comfortable, such as drinking chamomile or mint teas. However, it is always important to seek the advice of a medical professional.

Self-care strategy	What is it for? What can it help you with?
<i>Example: Going to bed early</i>	<i>Helps you relax after a tiring day/week</i>
<i>Example: Drinking seven blossom tea</i>	<i>Helps with stress and promotes relaxation</i>