

Self-Care During Quarantine

When you're a parent, self-care is often neglected or placed at the bottom of the priority list. However, taking care of yourself is not selfish, it is essential especially during times of distress and difficulties. With children being at home and stress running high, it is even more important than ever.

Make time

A lot of the personal time we had during our daily routine (work, school, errand runs) are not available now. More so, added responsibilities and stress with kids being at home creates less personal time. Therefore, we need to make sure we set in place a schedule for recharging and relaxing. This could be done at night after the kids have gone to bed. This could look like taking a shower or bath, reading, watching a movie, catching up with friend online etc. The most important thing is to make sure you allocate "free time" for yourself.

Social and spiritual connection

Being physically distant does not mean you have to be emotionally distant. Make sure to keep in touch with friends and loved ones. Utilize the mental health resources and help-lines. Try and connect spiritually whether that's through meditation, prayer or being around nature.

Realistic expectations

Be aware of the expectations you are setting for yourself. Ensure that they are realistic. Do not over work yourself to try and avoid burnout. Know your limits, you are not expected to be a super parent. Go easy and remind yourself that you are doing the best you can during these times.

Set boundaries

It is very easy to fall into worry and stress during times of uncertainty. However, it is important to keep in mind that boundaries are more important than ever now. Setting boundaries with what information you take in and what conversations with friends to have are needed. Make sure to place a limit with how much media you take in and when. Make sure to also not get absorbed with other people's fears and concerns. Make sure you to have conversations that are COVID free.

Healthy choices

The lack of structure and added stress during these times creates for bad and unhealthy habits to form. Make sure that you are aware of these habits and work towards creating a balance. This is not to say you need to be in perfect shape, but to take care of your mind and body. This can be done with taking a break, eating healthy, getting fresh air, getting enough sleep etc.

Available to support you every day between 9 am to 5 pm.

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