

GO TO.....FOR YOU

Are you the 'engine' of your family's 'car'? Taking care of yourself is not a luxury, it is essential maintenance.



No one can pour from an empty cup.



Your children will learn their self compassion and self care from you. Looking after yourself is not being selfish

Thoughts are not facts. Try to challenge your thoughts. Are they true, what is your evidence? Are you putting false 'I should' pressures on yourself?

*** Listen to people who know you well. Are they suggesting you slow down or are they offering to help? Others often see the cracks before we do. It can be lovely to be given permission to be kinder to ourselves.

*** Parenting can raise memories and feelings from our own past experiences. Try to find support for that part of yourself if necessary. Be gentle with yourself.



Try to be aware of any Stinkin' Thinkin'

Jumping to conclusions
Catastrophising
Seeing negatives and ignoring positives

All or nothing, black or white
Taking everything personally

Some signs of emotional overload :-
* trying to control everything *keeping super busy *irritability
*being tearful
*changes in sleep or appetite * worry/fear
*ignoring own needs
*feeling tired
*becoming withdrawn

HOPE

is important. It changes your outlook and reframes your situation.

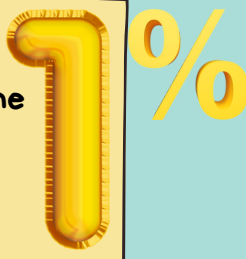
What you expect is often what you see

We are in your corner here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

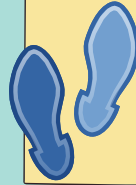
The 1% Secret

This approach was used by the Olympic cycling team and took them to gold.

Have a really close look at everything you do in a day. How could you make each tiny part just 1% easier, better more efficient, more comfortable? Total of all the one percents? Your Superpower!



TAKE 5 STEPS TO WELLBEING



- *Connect
- *Keep Learning
- *Take Notice
- *Be Active
- *Give

***Calenders and Lists: get your 'to dos' out of your head. Avoid the stress of trying to remember everything.

***Feeling understood is important. Make it easy for others to do their bit. Ask for help when necessary. Be clear and concise. Do not assume others anticipate need as you do.

***Some time alone can be the most useful boost but it is usually the most difficult thing to have. Finding just 10 minutes every day will help.

***Mindwise**

- *nistresscontrol.org
- *recoverycollegeonline
- *Aware NI
- *'Why has nobody told me this before?'

Book by Dr Julie Smith



FOR STRESS

Drop Anchor....

Push your feet into the ground and notice everything your senses are aware of.

Breathe

Your body knows how to breathe. Try breathing out first then breathing in slowly to help regulate strong feelings..

'Courage doesn't always roar. Sometimes it is the quiet voice at the end of the day saying I will try again tomorrow'
Mary Anne Rodmacher