

Participating in self-care activities that meet your own needs is an important step in parenting effectively. Think about self-care activities you can do this week that will help you meet your needs and write them down in the box on the right. Some examples of self-care activities that you can choose from are listed below. When selecting activities, think about the following questions:

- What brings me joy?
- What helps me feel calm and relaxed?
- What helps me feel energized?
- What makes me feel fulfilled?

Self-Care Activity Examples

- Exercise
- Go for a walk or hike
- Take a nap
- Listen to music
- Get a massage
- Take a long bath or shower
- Have a cup of tea
- Talk to a friend
- Read a book
- Do some art or engage in a hobby
- Watch a movie or show
- Listen to a podcast
- Journal
- Meditate or pray
- Spend time outdoors
- Make a gratitude list

**Self-Care Activities
I Will Do This Week**

1. _____

2. _____

3. _____

4. _____

5. _____
