

# SELF-CARE DURING COVID-19

## *Simple Tips for Busy Parents*

When you're a parent, self-care often slips to the bottom of the list, but taking care of yourself isn't a luxury - it's absolutely essential. During this difficult and uncertain time, when children are home and stress is running high, it's more important than ever.

The following tips will help you manage your stress and recharge your batteries" so you can be fully present as a parent when your children need you most.

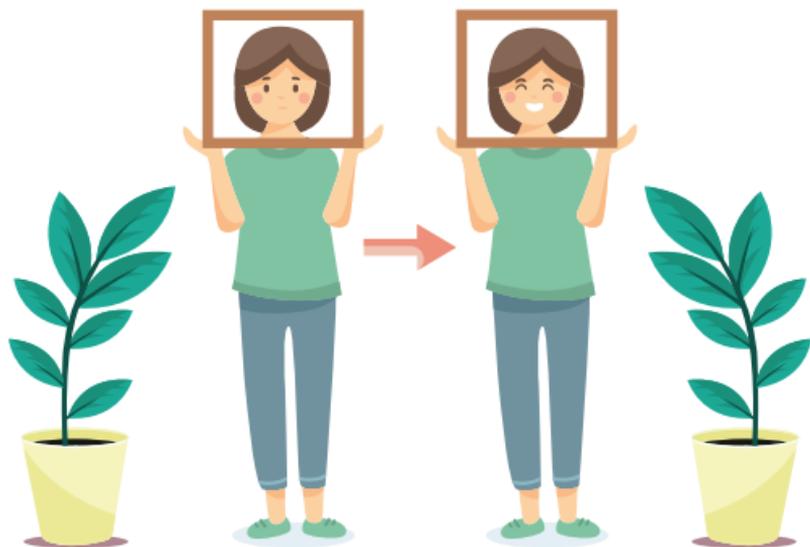


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# Reframe Your Mindset

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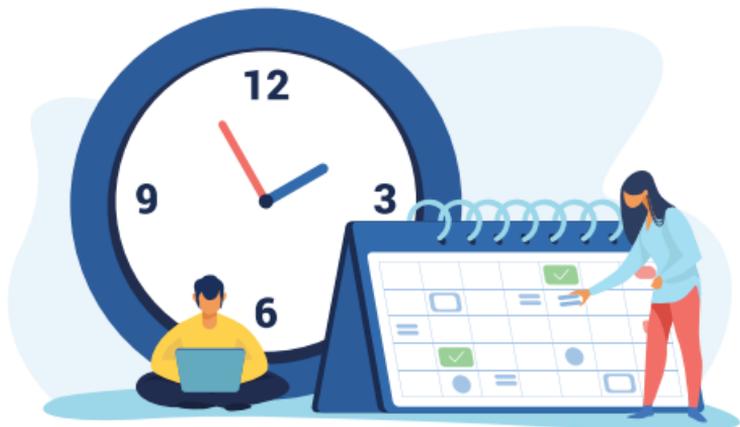
Things look bleak right now, there's no doubt, but try to look for the silver linings. Making a list of things you're grateful for, no matter how many or how few, can help lift the clouds.



# Stick to Your Routine

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Try to get back to your pre-quarantine routine. Wake up and go to bed around the same time, eat regularly, shower and get out of your PJ's. Not only will sticking to your normal routine keep you active, it will be easier to readjust to the outside world when it's time to get back to work.



# Get Some Fresh Air

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Get outside for a little time each day.  
Open the windows and let the air come in.  
It's amazing how much fresh air can do for  
the spirit!



# Stay Connected

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Use whatever technology you have available (telephone, Skype, Zoom, FaceTime, etc.) to virtually meet up with those you love. If you need someone to talk to, consider making a free call to Contact Community Services (315-251-0600), where you can speak to a trained professional 24/7.



## Carve Out "Me Time"

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Make enforced quiet times part of the daily schedule. Kids can read or play quietly in separate rooms while you do something you like to do: listen to music, read a book, or simply sit in a chair and think about happy memories.



# Just Breathe

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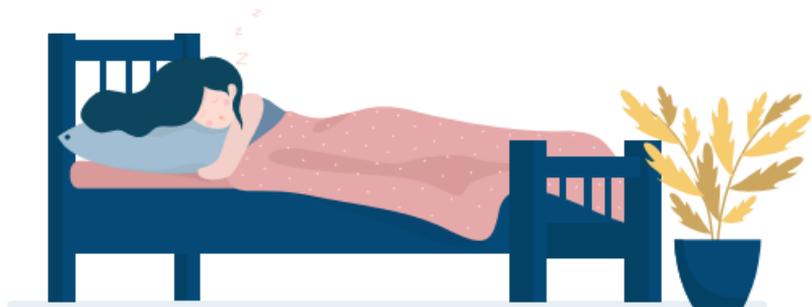
When you're anxious or upset, your heart rate increases and your breath becomes more shallow. Take slow, deep breaths to help relax your muscles and bring extra oxygen to your brain with the message to calm and relax your body.



## Get Enough Rest

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If you're not well rested, you won't be able to deal with daily stress. Aim for the recommended 7-9 hours a night. Taking time to relax and wind down before bed is important to sleeping well. A period of quiet time before bed allows you to step away from daily worries and set them aside before sleep.



# Look to the Future

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COVID-19 has created what seems like an endless void of stress, but the world is working to contain it. When it feels like there's no end in sight, remember that we *will* make it through this.

