

# Finding a Self-Care Ritual That Works for You



## Self-Care is Important! Decide you're worth 5 minutes a day!

When you wake up in the morning, you are starting fresh on your journey toward social-emotional health for you and your family. You have a chance to renew your commitment to your dreams and your priorities. Decide you're worth 5 minutes a day thinking about the things you're grateful for, visualizing who you want to be, and remembering what your priorities are.

If you're inching toward a dream, use that time to think about the goal you're working on to get there. As you move through your day, all kinds of distractions and barriers are going to come up, so find 5 minutes early on to get intentional about what really matters to you.

You could use your 5 minutes alone in the shower to do this, or take 5 minutes in the car on the way to work to move through this process. The point is to take the time to remember why you do what you do.

## Start with exercise

If there was going to be one single activity that is worth time by yourself and for yourself, [physical fitness](#) (if you choose the right activity—anything with an endorphin release) or meditation takes the cake. Physical fitness can give you the chance to deepen your social connections, be mindful, work on your own physical fitness, and set goals for yourself. Meditation also checks many of those same boxes, but there is something valuable in moving our bodies as a way to clear the mental and physical cobwebs away.

## Make it a multitasker

It makes sense to bundle your benefits so that you get the most bang for your buck from the activity you choose. Look back at your priority list—is there something you can do that accomplishes multiple goals for you? Here are some examples.

- **Group exercise class**—stress relief, physical fitness, mindfulness, camaraderie, alone time to and from the activity
- **A walk around the neighborhood**—fresh air, visual change of pace, physical fitness, mindfulness, maybe an errand or two
- **Virtual hangout with a friend**—building community and support, stress relief, good food

## Filter out the to-dos

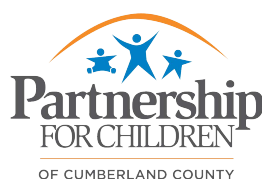
Moms who focus solely on getting things done miss out on *life*, plain and simple. Instead, think about how to lessen your load. If you have a partner, figure out a plan for dividing responsibilities along strength lines. No matter what your family construct, stop doing everything for everyone else. Get other people on your team, including your kids. Coaching kids to help with household tasks in an age-appropriate way builds your family community, teaches responsibility, and helps kids develop resilience.

## Be OK with the stage of parenthood you're in now & what that means for your self-care

If you're reading this while holding your newborn and feeling like, "I can barely take a quick shower, let alone plan out a priority list for myself," remember—there is a season. Even though it's tempting to wish you could hurry ahead to more balance, you may just need to be still for now. Your priorities may change as your kids grow and your work demands change. What seemed impossible as a new mom is a daily part of life now. It's just a fact that our self-care options may change depending on the stage of motherhood we're in, and that's perfectly OK.

Think about ways to incorporate self-care into your own life so that you'll see self-care as a reflection of motherhood in general.

Source: <https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Finding-a-Self-Care-Ritual-That-Works-for-You.aspx?>



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