

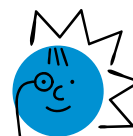
PUTTING YOURSELF FIRST

As parents, we often tend to prioritise the health and wellbeing of our loved ones ahead of our own. But what you may not realise is that by taking care of yourself first, you will be in a better position to help others.

Just as the safety instructions on an aeroplane guide you to fit your own oxygen mask before that of your children in an emergency, we must also put our own health and wellbeing above other priorities on a daily basis, to ensure that we are in the best position to provide care for our children.

You may find it helpful to use the worksheet provided on the next page to consider what you could do now to take better care of yourself and to identify new strategies that you could incorporate into an ongoing self-care plan. Pay particular attention to areas that you may not have addressed in the past.

Key points



- Taking care of yourself involves tending to your own physical needs and feelings. This may involve participating in activities or hobbies you enjoy, including regular physical activity, getting plenty of sleep and eating a healthy diet.
- There are a variety of stress management and relaxation techniques you can do, such as yoga, meditation, deep breathing and prayer, that have been shown to help people manage emotions and remain calm in the face of stress.

Did you know?

- Those who are self-compassionate and show self-kindness understand that making mistakes is part of being human and are less likely to be self-critical.

