

Helpful Wellness & Self Care Tips for Parents and Caregivers

Creating a wellness routine or carving out some space for yourself is important to decompress and prepare for the week ahead. Here are some helpful family-to-family suggestions:



Music: Create a playlist of upbeat songs to listen to while you are on the go, or tending to that laundry overload. Music is good for the soul!



Meditation/Yoga: Meditation and Yoga are great ways to give yourself that time and space for clarity and to re-center. A clear mind is so important!



Get Outside: Take a short walk, water the grass or sit outside and do nothing. No worries you're absolutely allowed!



Start a Journal: Writing things down could be a great way to express your thoughts and feelings. By journaling, you can also keep track of how far you and your family have come on this amazing journey!



Find support: Finding a support group is such a great way to connect with others whether its via social media outlets or in person. We all want to have that space where we feel like we're not alone and that other people can identify with what we are going through.



Manage Stress: Recognize stressors in your life and try to change your approach to them.



Find Enjoyment and Fulfillment: Participate in activities that you enjoy or find satisfying. Tap into a new hobby or restart an old one.

Practical Examples for Improving Your Wellness:

- Keep a consistent sleep schedule
- Eat regular nutritious meals
- Participate in regular physical activity
- Give yourself breaks from your routine and from caregiving
- Practice kindness and gratitude
- Keep a balanced schedule
- Reduce multi-tasking
- Take technology breaks

For additional resources, please visit [rwjbh.org/childrensspecialized](https://www.rwjbh.org/childrensspecialized) and click on Patients and Visitors > Family-to-Family Resources.