

Self-Care Tips for Parents

As a parent, it's easy to fall into the pattern of putting your family first, often at the expense of your own needs. Self-care is an important step to making sure you are your best self. Below are helpful activities and tips to practice daily self-care.

How much time do you have?



5 minutes

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song.



Change position: stretch your arms, legs, and back.

Take a quick walk outside.

Water your plants or garden.



15 minutes

Organize a small space in your home.

Play with your kids. Do something simple like color or draw with them.

Take a power nap.



Call a friend or family member to catch up and check in.

Take a bath or shower.



30 minutes

Download a mindfulness app. There are many free apps available online.



Play a game, work on a puzzle, or try a new online game.

Join a parent support group on parentsanonymous.org.

Go for a jog, do tai chi, or any physical activity that makes you happy.



I've got nothing left...

Choose a good listener – a partner, family member, friend, or faith leader – and talk about your feelings. Peer supporters are also available 24/7 at mentalhealthsf.org/peer-run-warmline.



Read, watch, or listen to something inspiring or funny. Check out e-books and other resources from your local library.

Call the CA Parent Helpline at 1-855-4AParent (open every day, 8am-8pm).



Turn off/silence electronics and enjoy quiet time without disruption. If your environment is noisy, use a fan or recorded nature sounds to create a more peaceful atmosphere.



Grab a journal and write what you're feeling until you naturally stop. Let your feelings go by disposing of what you wrote in a way that feels right to you.