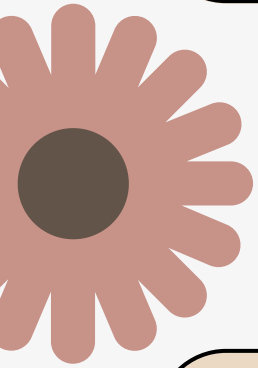


# THE BENEFITS OF



# Self-Care



As a parent, self-care is essential to regulate your nervous system and find ways fulfill your many roles and occupations. Your level of self-care will depend a lot on the age and needs of your child.

**Is there an activity or hobby you engaged in before having kids?**

Engage in

## MOST OFTEN

- Sleep
- Drink water
- Eat nutritious food
- Take a shower
- Put on clean clothes
- Spend time outside
- Pray or meditate

Engage in  
**OFTEN**

- Take a walk
- Talk to a family member or friend
- Watch an episode of your favorite show
- Journal
- Listen to music
- Listen to an audiobook or a podcast

Engage in

## LESS OFTEN

- Spend time in nature
- Get a massage, facial, or manicure/pedicure
- Have a date with a friend or partner

**“ IF IT BRINGS YOU JOY,  
DO MORE OF THAT.**

Find out more information:

 [www.deliverybeyond.com](http://www.deliverybeyond.com)

