

Self-Care Tips and Resources for Homeschool Parents

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Self-Care Tips for Homeschool Parents

- * *Want to feel as playful and vibrant as your children?*
- * *Want to feel an abundance of energy?*
- * *Want to experience greater clarity in all you do?*
- * *Want to wake up jazzed about the day ahead?*



As homeschool parents we know all too well how to take fabulous care of our children. We can be so tuned in that we know what they need before they do!

Imagine taking care of yourself in all the marvelous ways you take care of others? It makes sense that, if you shifted self-care onto the top of your priority list, you would feel more rested, more centered, more present to your loved ones, more joyful ... You get the idea!

Try this on ...

**In order to raise great children,
nurture great families,
know great joy,
live a great life ...
you MUST
take great care of you!**



Ten Tips for Enhanced Self-Care



1. Take a few minutes of creative time with your children and create Do Not Disturb signs. One for each member of the family. They don't have to be the stogy kind you might hang outside a hotel room door. Make them colorful, playful, one-of-a-kinds. Then, and here is the important part, have a discussion about the importance of having your own quiet "do not disturb" time. Make some simple ground rules about how you can respect each other by honoring these signs. You'll be creating an opportunity for delicious windows of *you* time and teaching your children the value of taking their own.

2. Ask for help. Slow down long enough to see if there are any, and I mean any, ways your children can contribute more or that you can reach out to a loving support person for help.

3. Complete each task as you move through the day and teach your children that, as well. Tons of time is wasted, when we flip from one thing to another in the midst of busy lives, by leaving a trail of things done half way. You end up with all those loose ends tugging at your attention and energy at the end of your day.

4. Set aside a "clean up and clear out" day once a quarter, or as needed. Clear the clutter in your life that you may be tripping over. Start with your drawers, your desk, your closet. Think back to a time when you did some "spring cleaning" and how great it felt and how energized you felt. Engage the kids as well. Have them experience this new kind of thrill!

5. Stay with simple, healthy snacks for you and the kids. Make a list of 10 or so snacks that are easy to have on hand and that are filled with nutrition. If you have these ready to go anytime, you'll save lots of time and you won't be tempted to compromise with unhealthy choices. You feel better in every way when you nurture yourself with great food. Some examples: a mixed nut and dried fruit mix, cheese and crackers, veggie sticks, yogurt, ... The key is – think ahead and be prepared.



6. Learn how to say NO when saying yes would push you over the edge (but historically you might have done it anyway – can you relate?)

7. Know your self-care warning signs, those things that pop up when you are not taking care of you. Though it is a bit different for everyone, things like, shortness of breath, lack of patience, feeling resentful, and literally bumping into walls are common warning signs.

8. Toss out the need to balance your life and try *juggling ... with grace*. Yes, life balance is ultimately a great thing, but a busy parent's life changes moment to moment and it is tempting to struggle so hard for "balance" that we only create more stress. Place "balance" on the sidelines and try on the words resilience, flexibility, adaptability and notice the difference it can make.

9. Create your very own self-care calendar and put special time on it just for you. Remember that when you take time to take great care of you, you are more rested, more available to your family, and you mentor great self-care lessons to your children.

10. Notice the Velcro in your life (those sticky spots that grab your attention) and take care of them. Make that phone call, pay that bill, do that home repair, have that conversation you've been avoiding.

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Self-Care Quotes for Inspiration

It takes courage to demand time for yourself. At first glance, it may seem to be the ultimate in selfishness, a real slap in the face to those who love and depend on you. IT IS NOT! It means you care enough to want to see the best in yourself and give only the best to others. - Paul, Shale

If you are not taking care of yourself; body, mind, and spirit, the people in your life don't get the best of you, they get what's left of you! - Cohen, Lorraine

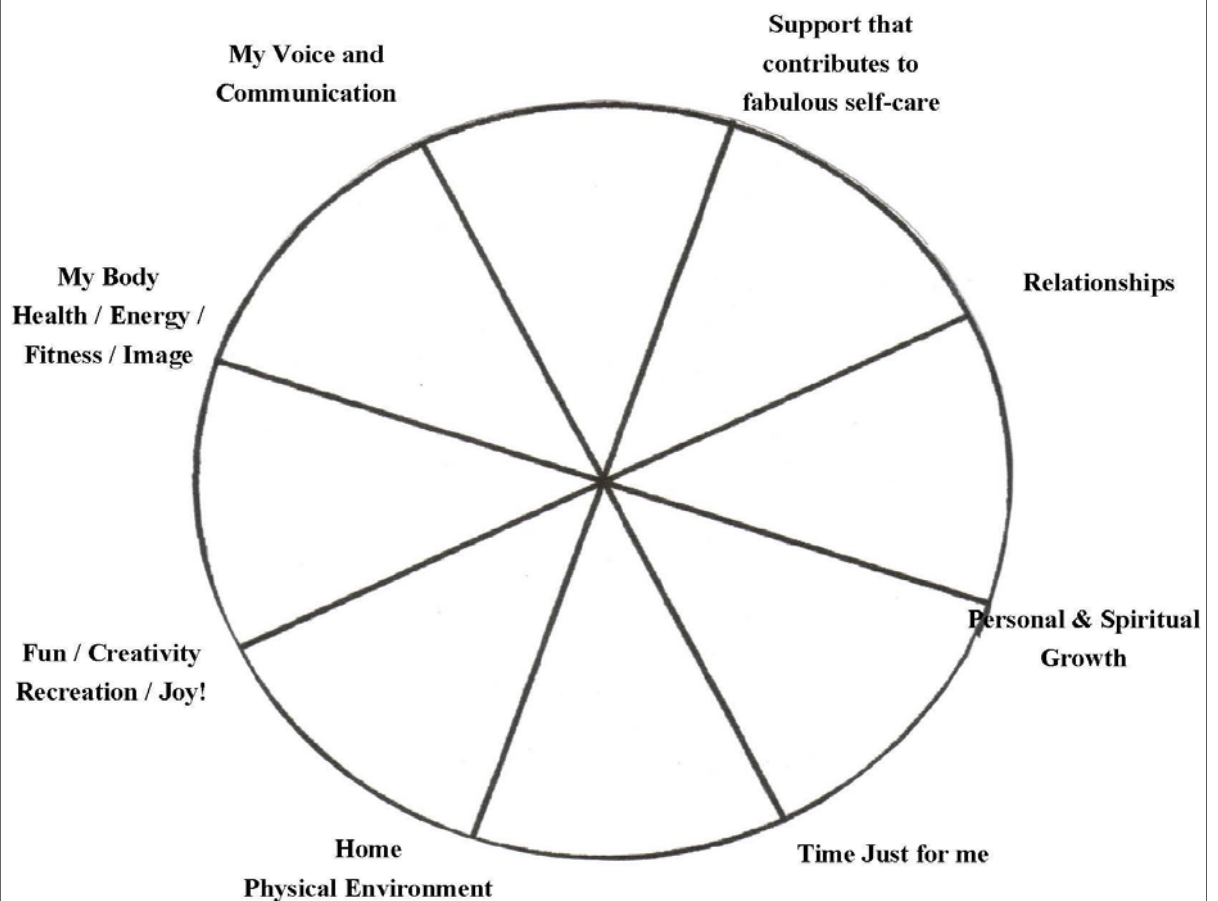
Saying no can be the ultimate self-care. - Claudia Black

Simple Self-Care Assessment: Find Your Self-Care Gaps

Circle of Self-Care

The Self-Care Circle is a simple and yet powerful tool to assist you in determining the quality of Self-Care in your life. It provides a vivid visual representation of what is current and serves to spotlight the gap between where you are and where you want to be.

To complete - Rate your level of satisfaction in each area, with the center being 0 and representing least satisfied and the outside edge being 10 and representing completely satisfied. Place a mark at the place along the line that best fits for you. Once complete connect each point. For most everyone what you will see is a circle out of balance and a clear spotlight on the areas most in need of attention.



Self-Care
Tips for
Homeschool
Parents

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