



Empower yourself

It's natural to want to be a positive force in your child's life. An important way to do that is to be a positive force in your own life. This way, your child can learn firsthand what it means to practice self-care, foster self-worth and nurture resilience.

- **Self-care** means proactively doing things to protect your health and wellbeing
- **Self-worth** means valuing yourself and believing you are good enough and worthy of love, kindness and respect
- **Resilience** refers to managing stress, adapting to change, coping through tough times and bouncing back from setbacks

Everyone's situation, responsibilities and needs are different. So, let's go through a simple "fill in the blank" exercise to outline some ways you can practice living these values to support your own wellbeing.

Practice self-care

1. To eat nutritious foods, I can _____
2. To get quality sleep, I can _____
3. To stay physically active, I can _____
4. To find time to relax, I can _____
5. Three things I enjoy are _____

Foster self-worth

1. Three things I like about myself are: _____
2. Three of my strengths are: _____
3. Three areas where I can improve are: _____
4. Three ways I can be kinder to myself are: _____
5. Three things I can take off my "to-do" list to reduce stress are: _____

Nurture resilience

1. A recent challenge I overcame was _____
2. People I can lean on for support include _____
3. The next time I feel stressed out, I can _____ to help myself feel calmer.
4. A realistic goal I have is _____,
and I can accomplish it by _____
5. Three things that make me feel hopeful are: _____

Bonus: Let's take a moment to celebrate the good in you and your life. Fill in the blanks:

1. I am grateful for _____
2. Something I recently learned is _____
3. A memory I cherish is _____
4. Something that makes me laugh is _____
5. As a parent, I'm most proud of how I _____

Sources:

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