



# Promoting Self Care for Parents & Caregivers



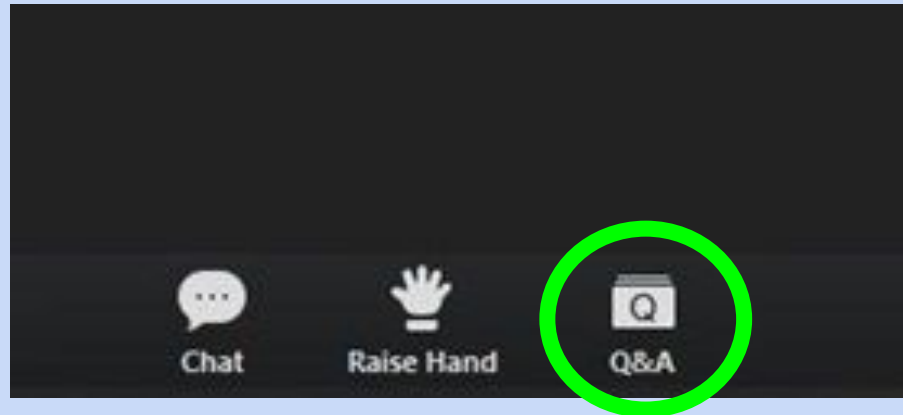
September 16 & 17, 2020



# Welcome!

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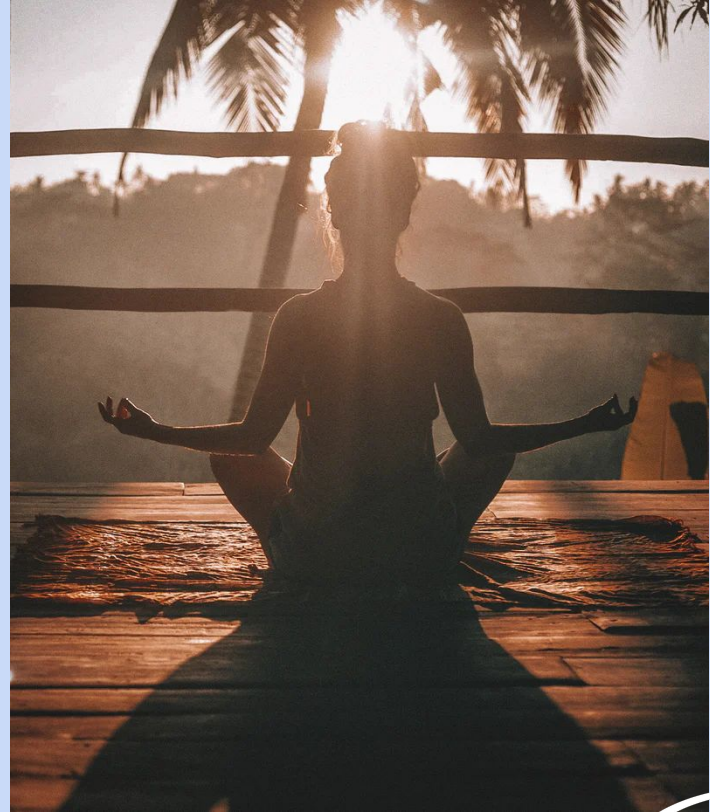
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- Comments and questions can be included in the Q&A box.
- The Chat box will be available for presenters to share main points and links.



# Our Topics for Today:

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- Impact of trauma on ourselves and our children
- Identifying and addressing our feelings
- Importance of self-care and relevant resources





# HOMESCHOOLING

Ben

3-16-20  
named School

It is not going good. my moms  
getting stressed out. my mom is  
really getting confused. We took  
a break so my mom can figure  
this stuff out. and I'm telling you  
it is not going good.



**I am a horrible  
homeschool  
teacher. My child  
has been at recess  
since 9:30am. 🧒**

**Started homeschooling  
the kids today. By 9:30  
am all three were  
suspended for fighting. I  
have a day off tomorrow. 📅**

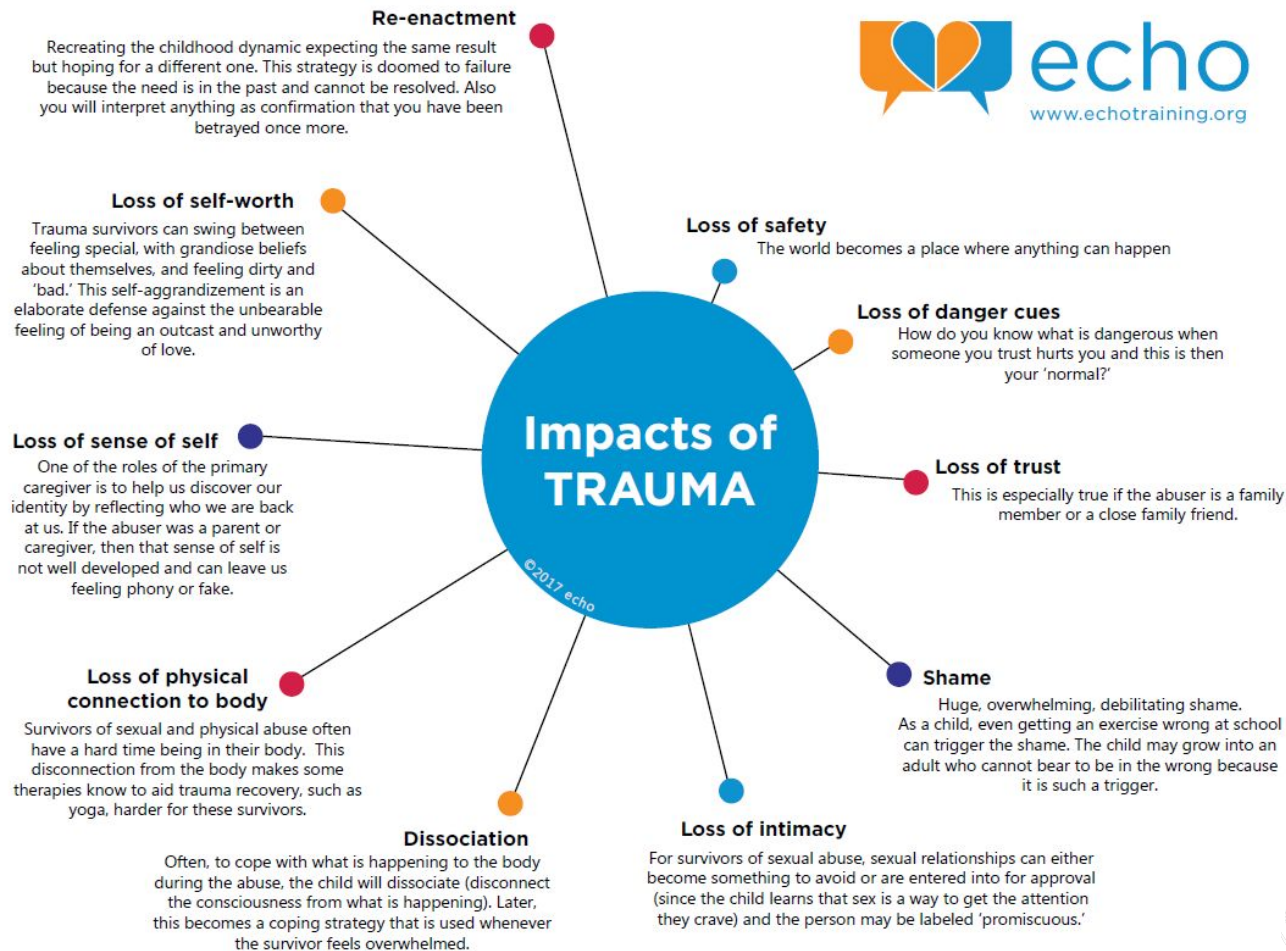
**After teaching my  
kids for three days,  
just wanna know who  
to submit my  
retirement papers to.**

face racial social covid-19  
safety care anxiety  
masks loss self learning  
distance fear stress tension  
lives distancing matter  
equity

EVERYONE has experienced a trauma







# How are you feeling?

Rating		Looks/Sounds/Feels Like	I Can Try To/An Adult Can Help
	5	Angry Mad Furious	I can't handle it! Hitting, Kicking, Screaming, Crying
	4	Upset	Whining, Demanding Can't Wait! Didn't get my way
	3	Frustrated Disappointed	Sometimes hungry, tired, or can't go to bathroom. Things aren't going my way Something's broken, lost, doesn't work...
	2	Scared Nervous Anxious	I'm not sure... I don't know... I want Mom or Dad
	1	Feeling Good Happy	Everything's okay Smiling I give people hugs



What has been your experience?  
How are you doing? How are you feeling ?

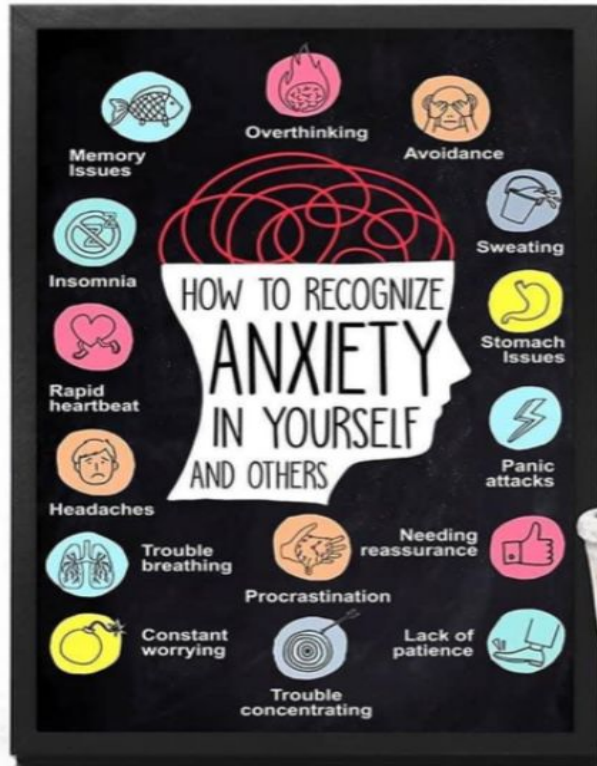
A little validation  
goes a long way



**Validation:**  
"Recognition or  
affirmation that a person  
or their feelings are valid  
or worthwhile."

@MYSIGNATURENUTRITION

# Chronic Stress



Difficulty thinking clearly,  
Disorientation,  
Confusion,  
Difficulty problem-solving  
& making decisions,  
Memory issues,  
Distortion,  
Misinterpretation of  
situations & comments

*Cognitive*

Fear or terror,  
Perceived danger,  
Anger,  
Hostility,  
Frustration,  
Irritability,  
Deep sadness,  
Difficulty maintaining  
emotional balance

*Emotional*

*Behavioral*

Risk-taking,  
Failure to use PPE,  
Refusal to follow orders,  
Endangerment of others,  
Increased use/misuse of  
drugs or alcohol,  
Reduced ability to support  
peers,  
Conflicts with others,  
Withdrawal,  
Isolation

*Physical*

Rapid heart rate,  
Palpitations,  
Muscle tension,  
Headaches,  
Tremors,  
Gastrointestinal issues,  
Nausea,  
Inability to relax,  
Trouble sleeping,  
Nightmares,  
Flashbacks,  
High adrenaline

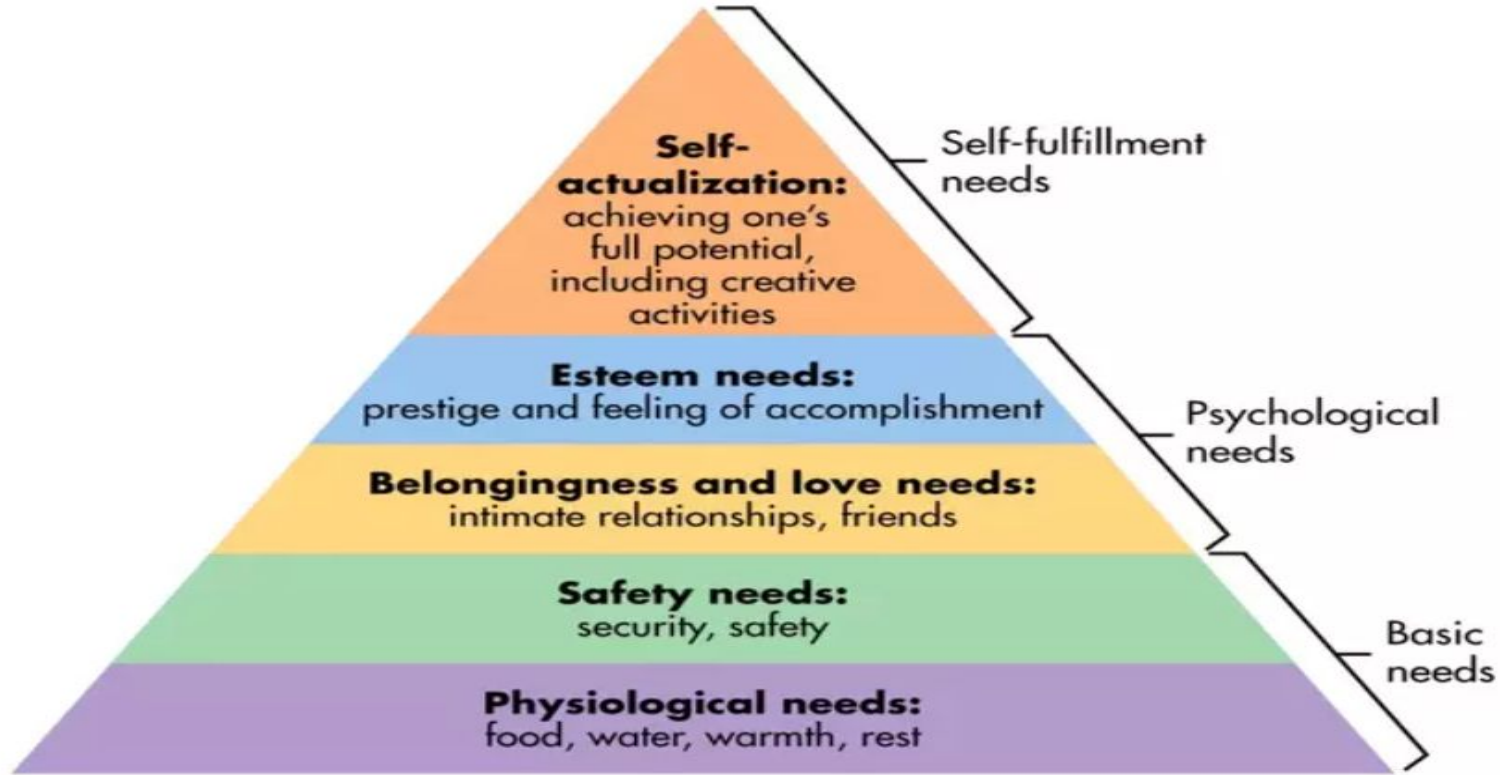


# What are you doing to address your feelings ?





# Maslow's Hierarchy of Needs



# Why practice SELF CARE ?



## MYTHS ABOUT SELF-CARE

-  Self-care is an indulgence
-  Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
-  Self-care is selfish
-  When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
-  Self-care is a one-time experience
-  Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
-  Self-care is time consuming
-  Self-care does not require you to take out a huge chunk of time from your busy day.

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

# How to Self Care?



Parent Sticker Chart		M	T	W	T	F	S
Hugged my kid for no reason							
Said 'I love you' with eye contact							
Wrote in our journal together							
Apologized when I got upset							
Played a board game with my kid and had fun							
Shown GRACE to my kids when they got upset							
Told my kid 'thank you'							
Asked about my kid's favorite... <small>Game, book, friend, memory, anything...</small>							
Offered praise to my kid for an accomplishment <small>big or small</small>							
Took a calming breath before talking							
Participated in a fun outdoor activity of my kid's choice							

# Self-Care Set

Hold, walk, or play with your pet ~ Go for a bike ride ~ Sing in the car ~ Visit the water ~ Let go of something ~  
Drink something warm ~ Be alone ~ Watch a funny video ~ Eat dessert ~ Travel to a new country ~ Unplug from your phone  
~ Talk a walk ~ Plant something ~ Take a bath ~ Cook a delicious meal ~ Take a nap ~ Spend time with loved ones ~  
Read a book ~ Lose track of time ~ Forgive yourself ~  
Visit a Farmer's Market ~ Learn something new ~ Try a new hobby ~ Create something ~  
Watch a movie ~ Meet someone that inspires you ~ Organize your space ~  
Watch a sunset ~ Give and get hugs ~ Write in a journal ~ Meet with a therapist ~  
Wander around town ~ Meditate ~ Write a sincere note to someone ~ Get a massage ~  
Call a friend ~ Speak kindly to others ~ Engage in small acts of kindness ~ Go for a hike ~  
Sit outside ~ Light a candle ~ Take a yoga class ~ Dance ~ Drive somewhere unknown ~ Bake a treat you love ~ Visit a park  
~ Paint a picture ~ Go for a run ~ Watch a show ~ Write a poem ~ Buy some flowers ~ Practice gratitude ~ Watch the clouds  
~ Stretch ~ Watch some Netflix ~ Sit in the sun ~ Wear an outfit that you feel great in ~  
Cuddle up in a blanket ~ Decorate your space ~ Watch sports ~ Breathe fresh air ~ Pray ~ Chat with a friend ~ Drink plenty  
of water ~ Listen to a podcast ~ Do a crossword puzzle ~ Work on a puzzle ~ Play Sudoku ~ Spend time with kids ~  
Volunteer ~ Go shopping ~ Plan a vacation ~ Go swimming ~ Play an instrument ~ Sleep in ~ Visit family ~  
Celebrate important milestones ~ Laugh ~ Step away from work ~ Go to a comedy show ~ Use a coloring book ~ Knit ~  
Visit an art museum ~ Go to a concert ~ Play on Pinterest ~ Sleep eight hours ~ Play video games ~ Plant a garden ~  
Clean your space ~ Join an intramural team ~ Visit a spiritual place ~ Clean out your inbox ~ Get a haircut ~  
Build something ~ Make your bed ~ Sit by a fireplace ~ Compliment someone ~  
Give someone a gift ~ Do what you loved as a kid ~ Listen to the sounds of nature





**PARENTS DROPPING  
THEIR KIDS OFF**



**INK4AUTISM**

**ON THE FIRST DAY BACK TO SCHOOL**



Link to Resources: [www.u-46.org/domain/10974](http://www.u-46.org/domain/10974)

## Family Service Association of Greater Elgin (FSA)

- School Based Mental Health
- Outpatient Therapy
- Telepsychiatry Services
- Mental Health Juvenile Justice
- Therapeutic Mentoring Program
- Screening, Assessments and Support Services (S.A.S.S)

**For more information on FSA services please contact us at**

**(847)695-3680 or visit our website at [fsaelgin.org](http://fsaelgin.org)**

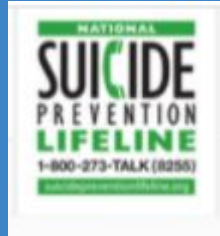


# Crisis numbers

Crisis Teen Text -

**Text HOME to 741741 to  
connect with a Crisis  
Counselor**

Suicide Prevention Line -



Teen and Youth Help Line -



National Domestic Violence Hotline -



1-800-799-7233 | 1-800-787-3224 (TTY) | En Español

# Thank you! ¡Gracias!

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- Questions?

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## U-46 Digital Classroom

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