

# CARING FOR OURSELVES WHILE SHELTERING IN PLACE

A SELF-CARE GUIDE FOR PARENTS

Are you parenting, teaching, and  
working from home?



**BE FLEXIBLE AND KIND TO YOURSELF**



[parentselfcare.com](https://parentselfcare.com)

100  
At-Home  
Self-Care Ideas



**ACROSS ALL 9 CATEGORIES OF THE WELLNESS WHEEL**

# Emotional Self-Care

- Creative writing
- Journaling
- Write down what you are grateful for or what brings you joy each day
- Send a gratitude letter to someone
- Coloring or arts and crafts
- Listen to music
- Write music
- Snuggle up with loved ones, pets, cozy blankets, or stuffed animals
- Self-massage with a tennis ball
- Ask your partner for a massage
- Try a meditation app
- Loving Kindness meditation
- 5 senses check-in: wherever you are notice what you see, smell, taste, hear, and feel
- Laugh, talk to loved ones that make you giggle or watch a funny movie or comedy special
- Spend time in nature, hopefully in the sunshine!
- Watch the sunrise



- Drink something warm like hot cocoa or tea
- Do a facemask
- Put on a lovely smelling lotion
- Paint your nails
- Take a bubble bath
- Edit your social media accounts so you are following or finding accounts that are inspiring
- Go on a news diet, sometimes too much...is too much
- Unplug and set boundaries with technology
- Visualize your goals and dreams
- Set S.M.A.R.T. goals if you are trying to make a change
- Acknowledge your strengths, even better write them down
- Say a positive mantra or affirmation
- Speak to yourself as you would a dear friend
- Hand-On-Heart self-compassion exercise
- Talk about your feelings
- Ask for help
- Talk to a therapist if wanted or needed
- Do a random act of kindness for someone
- Do a random act of kindness for yourself

# *Social or Relational Self-Care*

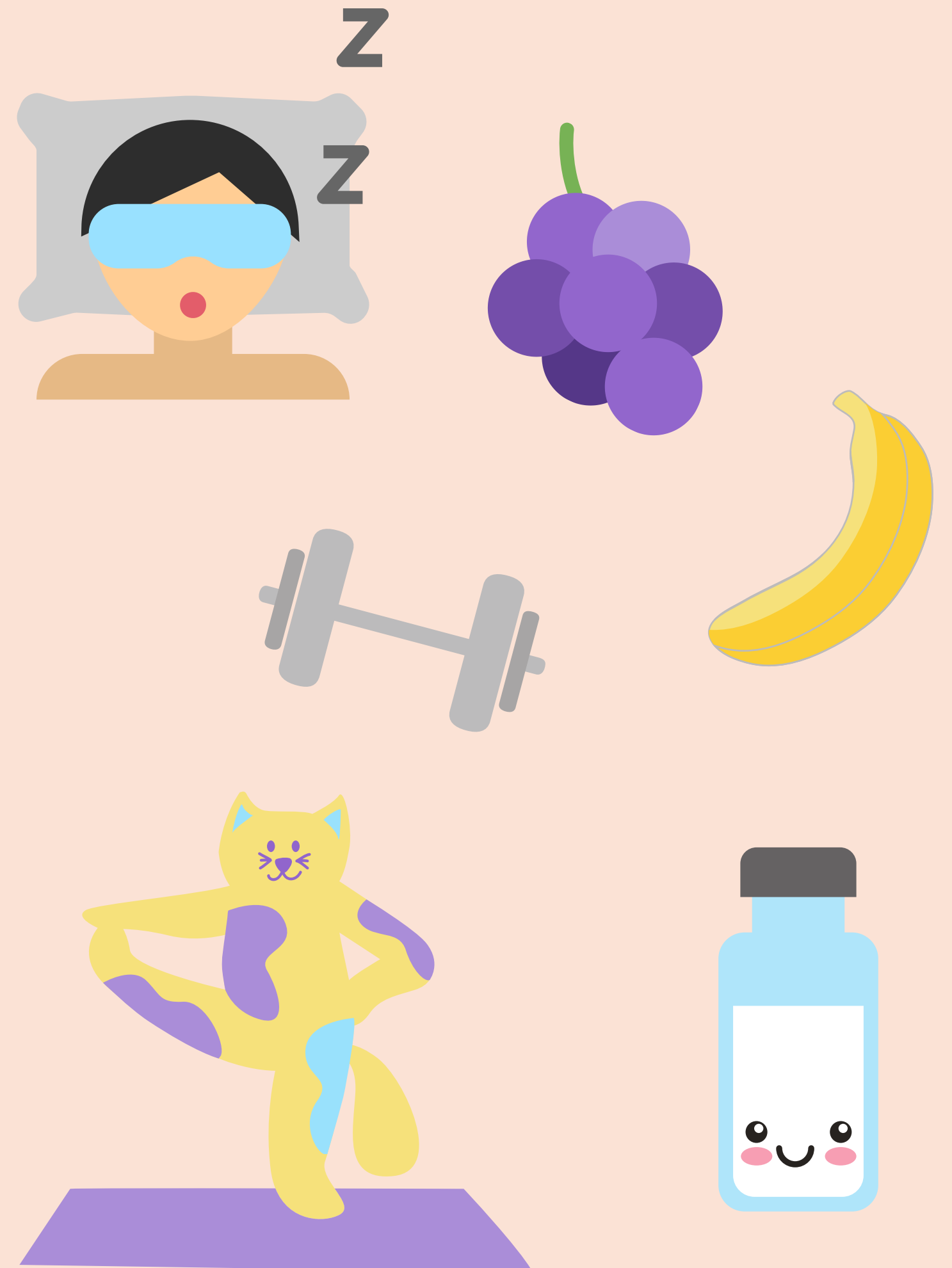
- Pick up the phone and FaceTime or Marco Polo a loved
- Call, text, or email a friend or coworker
- Connect via social media
- Set up a virtual hangout on Zoom or Google Hangouts
- Chat up your neighbors, at a six-foot distance of course!
- Date night in with your partner

HONEY



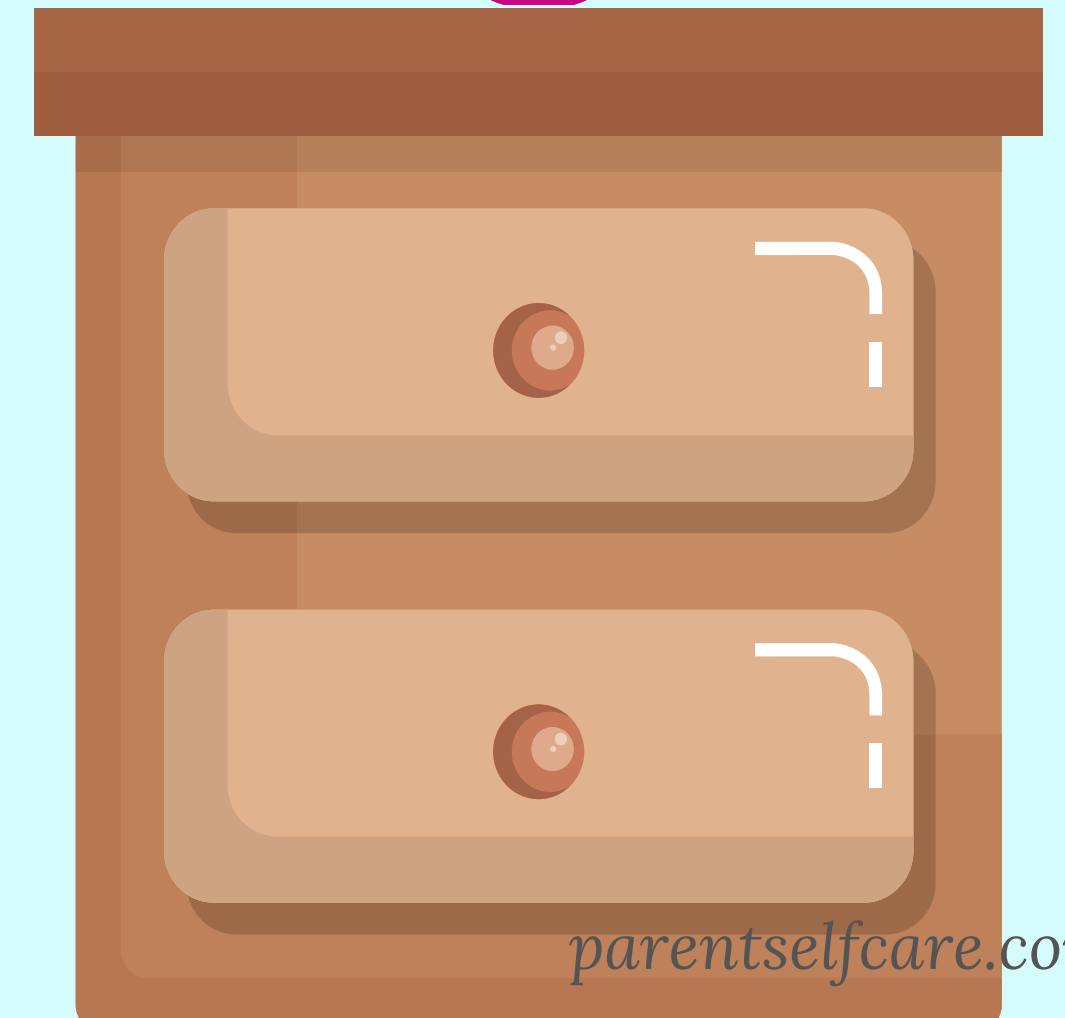
# Physical Self-Care

- Stay hydrated
- Take a nap
- Get 7-8 hours of sleep per night
- Meditate or read a paper book before bed
- Try to turn your phone off 30 minutes before bed
- Try a Yoga, Tai Chi or workout video
- Do a workout video with your kids
- Stretch
- Take a walk or run outside
- Follow up with your medical providers as needed
- Eat as balanced a diet as possible
- Give yourself grace for changes in your diet as access to food has changed
- Try cooking a new recipe
- Mindfully eat some comfort food



# Environmental Self-Care

- It's Marie Kondo time! Spark joy by reading her books or watching her Netflix show
- Try decluttering a small space
- Create a donate pile
- Hang up a piece of art that's been in the closet for months
- Light a candle
- Pick some flowers from outside to make an arrangement
- Experiment with a diffuser and calming essential oils
- Try a Himalayan salt lamp
- Light therapy lamps
- DIY room spray.



# Occupational Self-Care

- Organize your To-Do list
- Set realistic expectations while you work from home
- Set boundaries between home and work life while working from home
- Lean into projects that make you feel energized and help you achieve a 'flow state'
- Set an intention for the day based on your core values
- Try saying, "I get to....," instead of, "I have to...."
- Check out Dr. Adam Grant's podcast WorkLife
- Communicate with your coworkers and manager about how you are doing while working from home to help troubleshoot challenges
- Do something generous for your company or coworker

# WFH



# Intellectual Self-Care

- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Take an online class
- Teach yourself a new skill by watching YouTube videos
- Do a word search or crossword puzzle
- Do a jigsaw puzzle



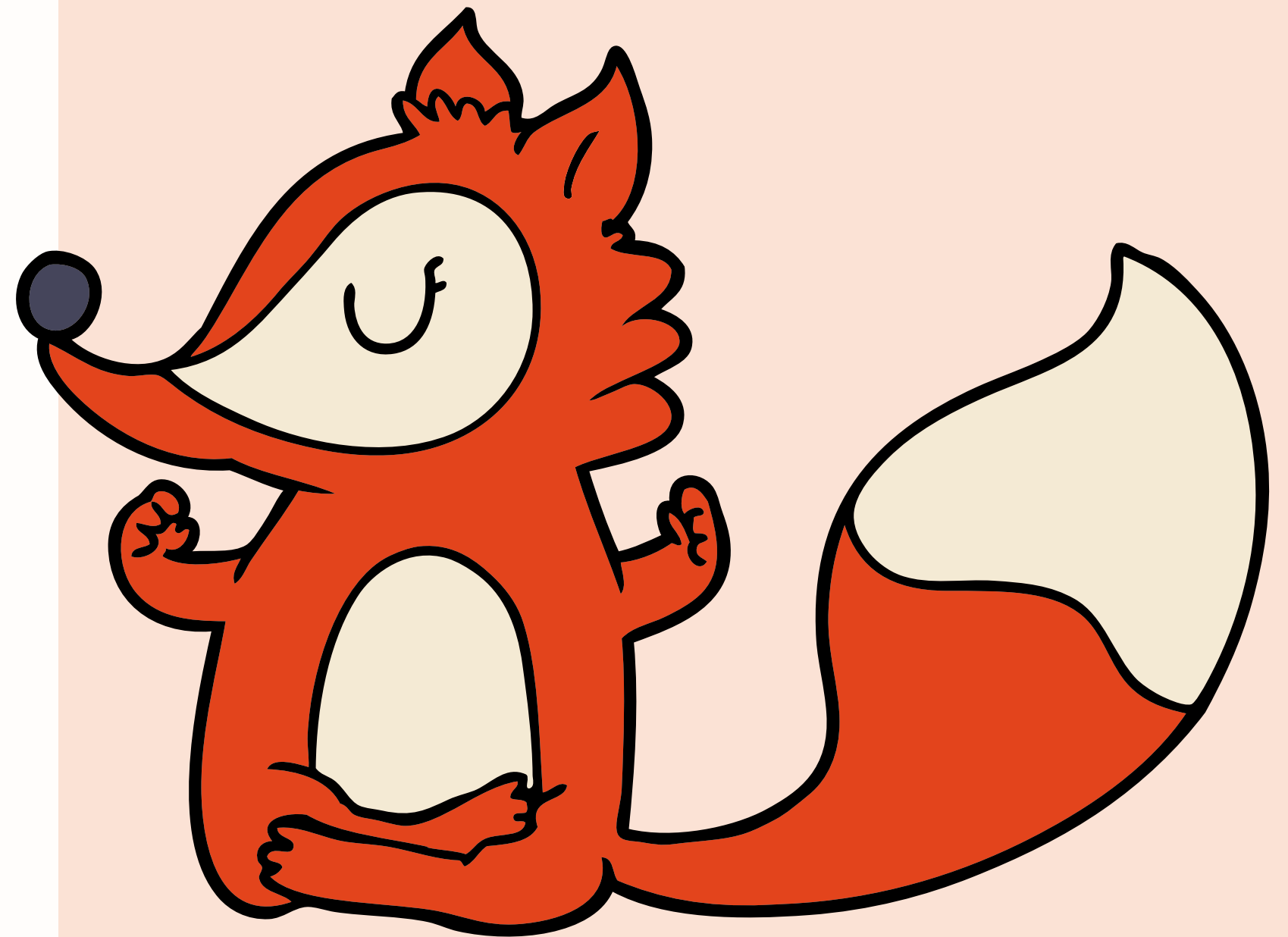
# Cultural Self-Care

- Take a virtual museum tour
- Take a virtual aquarium tour
- Watch a Broadway show virtually
- Watch a prerecorded concert
- Watch a prerecorded dance exhibition
- Converse with friends, loved ones, teachers and mentors about cultural interests



# Spiritual Self-Care

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray if you believe in prayer
- Meditate
- Read spiritual or self-help literature
- Take an online course, there are many free meditation classes being offered during this time
- Talk to friends, loved ones, teachers, mentors, or spiritual leaders about your spiritual questions and beliefs



# Financial Self-Care

- If there's an area you want to learn more about, look for articles, books, or online courses
- Find a budgeting style that works for you
- Research financial apps that can help you manage and budget your money
- Follow social media accounts that inspire your financial well-being
- Set financial goals
- Avoid catastrophizing, try to remind yourself to come back to the present moment
- Talk to family and friends about your financial beliefs and goals
- Create a Family Manifesto about Finances



# LOVING KINDNESS MEDITATION



*May I/you be filled with Loving  
Kindness*

*May I/you be safe from inner + outer  
dangers*

*May I/you be well in body + mind*

*May I/you be at ease + happy*