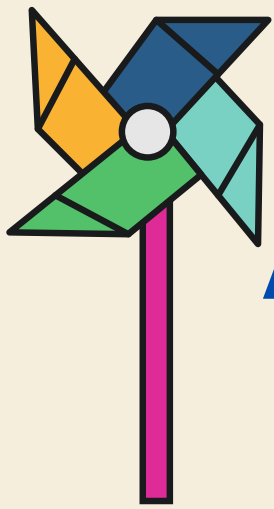


MEGAN's Place



SELF CARE ACTIVITIES FOR PARENTS

QUARANTINE SELF-CARE



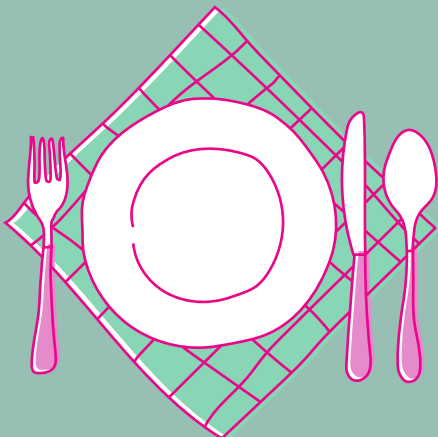
TRY TO FIND A BIT OF TIME EVERY DAY IN THE MORNING FOR A CUP OF TEA, A SOAK IN THE TUB, A NICE WALK, OR A VIDEO CHAT WITH A FRIEND. THIS HELPS PREVENT BURNOUT AND HELPS YOU RECHARGE A BIT, BOTH MENTALLY AND PHYSICALLY.

ACKNOWLEDGE YOUR FEELINGS



STRESS AND ANXIETY DON'T GO AWAY JUST BECAUSE YOU'RE TOO BUSY TO DEAL WITH IT. ACKNOWLEDGE YOUR FEELINGS. YOU DON'T HAVE YOUR USUAL IN-PERSON SUPPORT NETWORK OF FRIENDS, FAMILY, AND BABYSITTERS. ACKNOWLEDGE THAT.

"DATE NIGHT" AT HOME



WE TEND TO NEGLECT OUR RELATIONSHIPS IN THE CHAOS OF THE PANDEMIC. TRY TO PLAN A DATE NIGHT AT HOME WITH YOUR SIGNIFICANT OTHER. TAKE THE TIME TO RECONNECT AND DON'T BE AFRAID TO ASK FOR HELP FROM YOUR PARTNER WHEN YOU NEED IT.

SAY A DAILY MANTRA



A MANTRA IS A POSITIVE PHRASE OR STATEMENT THAT YOU SAY TO YOURSELF FOR THE PURPOSE OF MOTIVATION. GIVING YOURSELF A PEP TALK CAN HELP YOU FOCUS ON WHAT'S IMPORTANT AND MOVE FORWARD THROUGH THE DAY. IT COULD BE SOMETHING SIMPLE, SUCH AS REPEATING, "I AM A GOOD PARENT."



**MEGAN's
Place**

MEANINGFUL ENVIRONMENT TO GATHER AND NURTURE



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**