



MEGAN's Place

SELF CARE ACTIVITIES FOR PARENTS



MINDSET OF RESILIENCE

SELF-CARE IS ABOUT TAKING TIME AWAY FROM YOUR USUAL SCHEDULE. IT IS ONE OF THE BEST WAYS TO BOOST RESILIENCE AND STRENGTHEN YOUR CAPACITY TO NURTURE CHILDREN. ALLOW YOURSELF TO REDUCE STRESS AND BE HAPPY. IT WILL HELP YOU INCREASE A MINDSET OF RESILIENCE.



CHANGE YOUR PERSPECTIVE



CHANGE YOUR PERSPECTIVE MEANS FACING PROBLEMS HEAD-ON, ONE AT A TIME. ANOTHER POSSIBILITY IS REACHING OUT TO OTHERS FOR GUIDANCE AND HELP. ALLOW YOURSELF A NEW VIEWPOINT AND THE ABILITY TO POSITIVELY MANAGE YOUR STRESS.

5 SENSES CHECK-IN

ALL MEDITATION DOES NOT MEAN SITTING CROSS-LEGGED WITH YOUR EYES CLOSED. YOU CAN DO A MINDFUL SENSES CHECK ANYTIME AND ANYWHERE. SIMPLY ASK YOURSELF, "WHAT DO I SEE? WHAT DO I FEEL? WHAT DO I HEAR? WHAT DO I TASTE? WHAT AM I TOUCHING?"



POWER OF BAKING

"SELF-CARE COMES WITH THE IDEA OF NOURISHING YOURSELF ON EVERY LEVEL. BAKING CAN PROMOTE THAT FEELING OF WELL-BEING. FOR MANY PEOPLE ACT OF CREATING SOMETHING DELICIOUS FEELS LIKE PRESSING A RESET BUTTON."



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Place**

MEANINGFUL ENVIRONMENT TO GATHER AND NURTURE



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**