



MEGAN's Place

SELF CARE ACTIVITIES FOR PARENTS

SCREEN FREE TIME

REDUCE SCREEN TIME. PLUG IN YOUR PHONE OUTSIDE YOUR BEDROOM AT NIGHT. TRY A SCREEN-FREE DAY OR ONE EVENING A WEEK WHERE INSTEAD OF TV, PLAY A BOARD GAME, READ OR TALK TO YOUR FAMILY.



GET MOTIVATED



GET CREATIVE AND MAKE SOMETHING. MAKE A CARD FOR A LOVED ONE, OR PULL OUT YOUR KIDS' WATERCOLOR SET. PLAN TO GIVE THE ITEM AS A GIFT IF THAT FEELS EMPOWERING AND MOTIVATING.

RELAX WITH MUSIC

PUT ON RELAXING MUSIC, LIGHT A CANDLE, AND LIE DOWN WITH AN EYE MASK OR A SCARF COVERING YOUR EYES. SET A TIMER FOR 20 MINUTES.



GO FOR A HIKE



TAKE A WALK OR HIKE TO CLEAR YOU MIND. LISTEN TO MUSIC OR A PODCAST IF ITS HELPFUL. ENJOY THE FRESH AIR WHILE GETTING SOME PHYSICAL ACTIVITY.



**MEGAN's
Place**

MEANINGFUL ENVIRONMENT TO GATHER AND NURTURE



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**