



“Taking care of yourself is the most powerful way to begin to take care of others”



Support System/Connection - Having people who care about you, help you when you need it and make you feel better.

- Lean on someone you can trust (friend, family, your child’s healthcare team)
- Seek out any support that is available to you such as social media or support groups
- Connect with others through your community, school, job and place of worship
- If you need additional support, seek out your trusted medical provider



Emotional Wellness - Practice healthy habits routinely to support your physical, emotional and mental well-being.

- Be grateful of the good things in your life and what you are doing well
- Create a schedule that breaks down tasks into smaller steps and focus on one thing at a time
- Allow yourself time to do something you enjoy
- Reflect on your own feelings and validate your emotions



Physical Health - Engage in activities that support your physical well-being.

- Nutrition – Implement healthy eating habits
- Physical Movement – Include movement in your exercise plan (walking, dancing, yoga etc.)
- Schedule regular medical appointments for yourself
- Practice deep breathing: breathe in deeply through your nose, hold your breath for a few seconds and exhale through your mouth

Resources



<https://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/support-corner/>



<https://www.nih.gov/health-information/emotional-wellness-toolkit>



<https://mom2mom.us.com/about-us/>