

A photograph of two hands, one from the left and one from the right, reaching towards each other to form a heart shape. The hands are positioned in the center-left of the frame. The background is a soft, warm sunset or sunrise over a body of water, with the sun low on the horizon, creating a bright, hazy glow. The overall mood is peaceful and intimate.

Everyday Self-Care for Parents

Simple ways to feel calm and connected

Gratitude



I am grateful for...

A moment that brings me joy is..

The person I am thankful for right now is...



Everyday Self-Care for Parents

A practice of gratitude

Head, heart & hand

Body check-in

Stress & self-care

My cup overflows

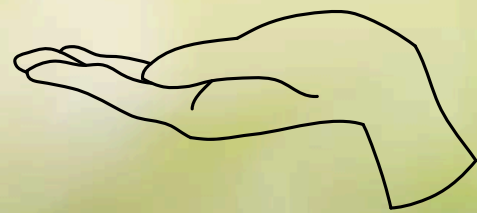
Mindful breathing



Understanding the importance of self-care



Knowing that self-care can be simple and still impactful



Practice simple, accessible self-care strategies like mindful breathing, body awareness, and gratitude

**What is my
body telling
me right now?**



head ~ foggy/focused

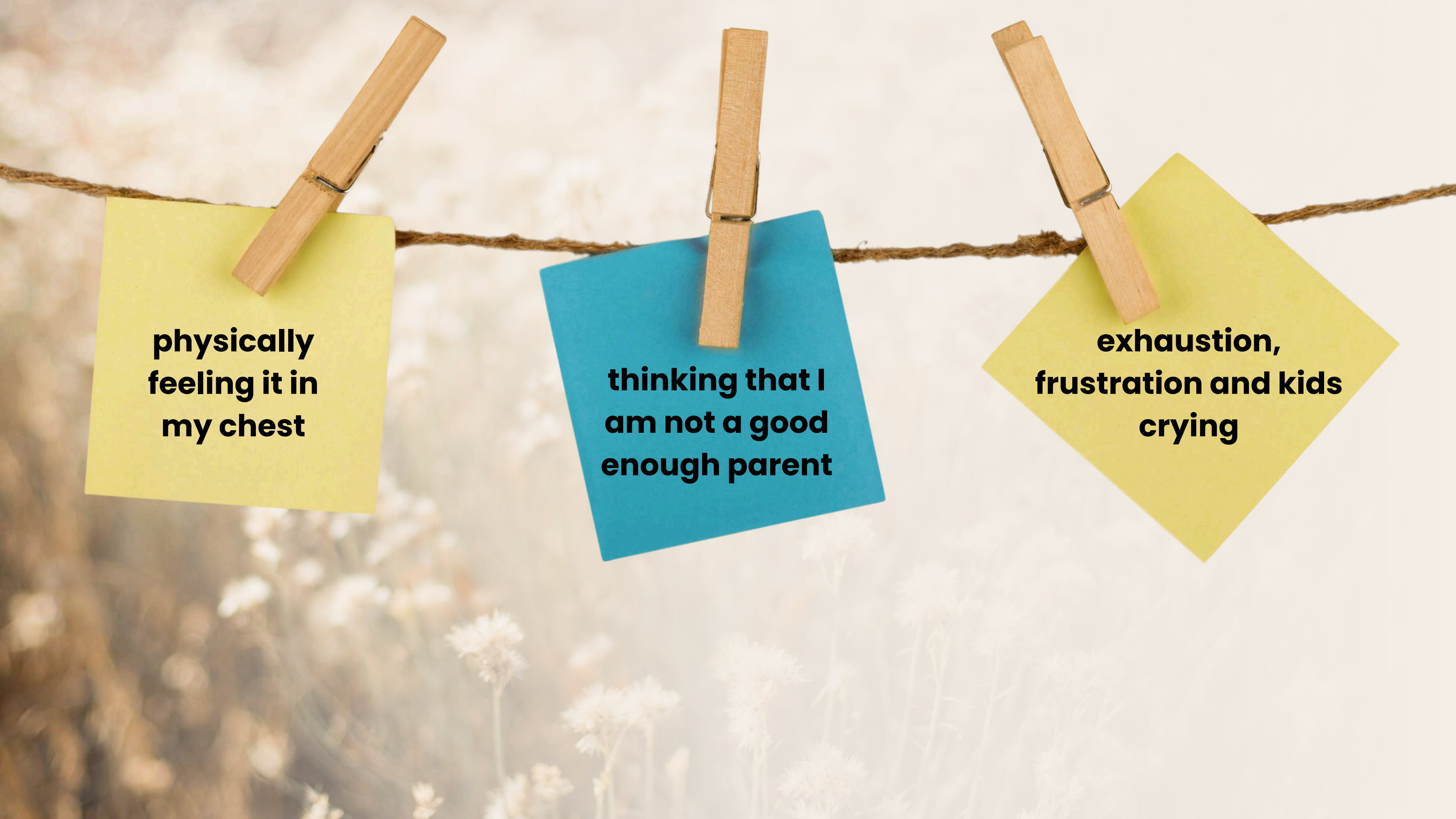
jaw ~ tight/loose

shoulders ~ tense/relaxed

chest ~ closed/opened

stomach ~ knots/soft

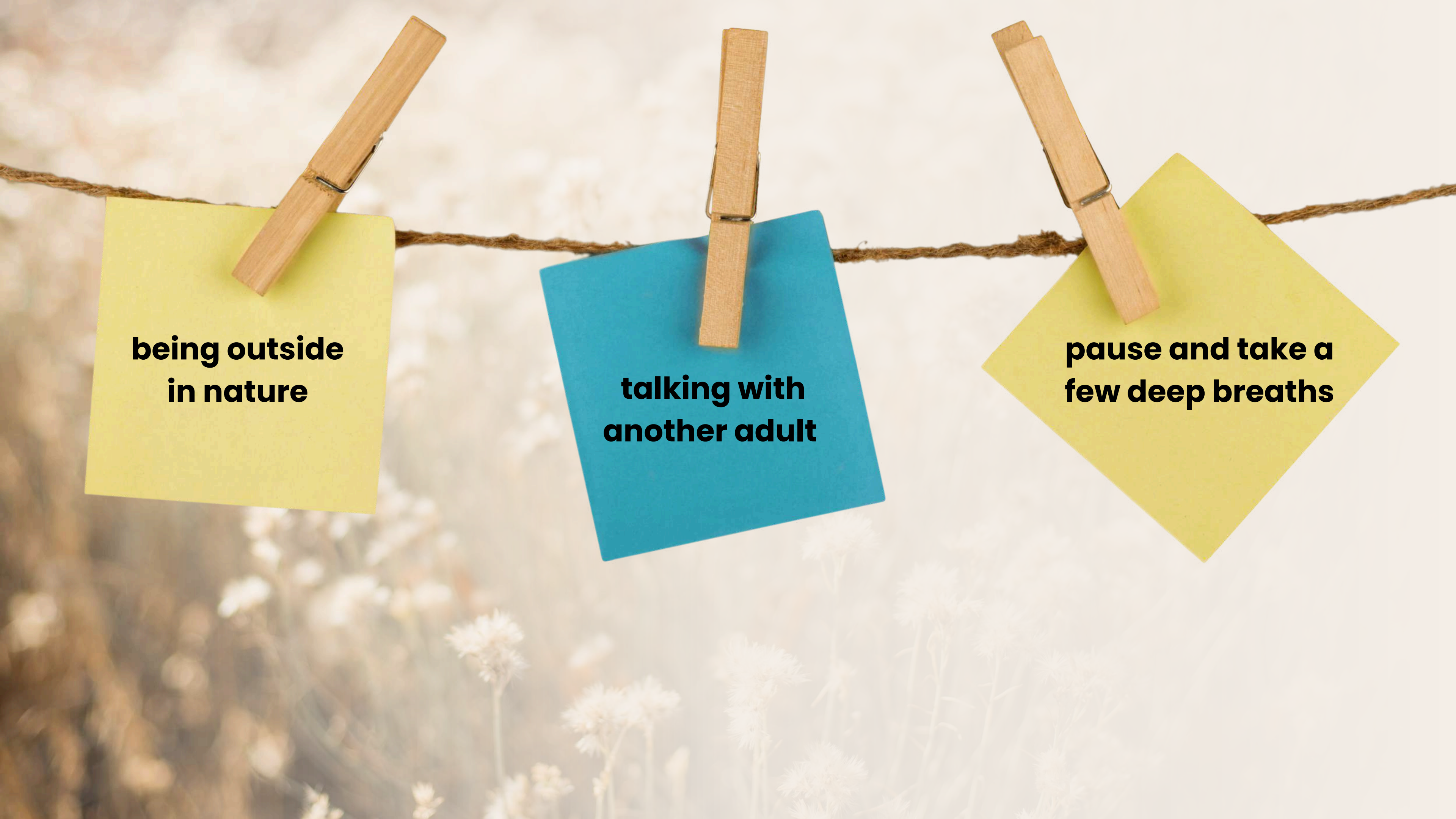
feet ~ unsteady/grounded

A string of three sticky notes is hanging from a twine string. The background is a soft-focus field of white flowers. Each note is held by a wooden clothespin. The notes are yellow, blue, and yellow from left to right.

**physically
feeling it in
my chest**

**thinking that I
am not a good
enough parent**

**exhaustion,
frustration and kids
crying**

A string of three sticky notes is hanging from a twine string. The background is a soft-focus field of white flowers. Each note is held by a wooden clothespin. The notes are yellow, blue, and yellow from left to right.

**being outside
in nature**

**talking with
another adult**

**pause and take a
few deep breaths**

My cup overflows



Just Breathe

A field of white daisies with yellow centers, softly blurred in the background, under a warm, golden light. The text "Just Breathe" is written in a bold, black, sans-serif font, underlined, and positioned on the left side of the image.

What is something
you're taking with
you from this
session?





Thank you 