

TAKING CARE OF YOURSELF



for
Women

The most important things you do for your children are taking care of yourself and to being healthy, so you can take care of them. Here are some ideas.

Engage in self-care

- have positive thoughts about yourself
- get enough sleep and eat properly
- listen to music, read poetry or novels, be creative
- start an exercise program or take a walk every day
- find a little piece of each day to be yours, even 10 minutes, to close your eyes and think of nothing
- read books, articles, resources and pamphlets concerning women's issues
- keep your life and activities at a manageable level, so you don't feel overwhelmed and stressed
- avoid the use of alcohol or drugs as a stress reliever or for comfort

Build support networks or access existing supports

- don't be afraid to ask for what you need
- find (or make) a support group of other women who can meet regularly
- spend time with people who make you feel good and avoid people who make you feel bad

Break the isolation

- volunteer or otherwise get involved with community activities
- take some courses, join a book club, or find other places where other adults are engaged in fun or educational activities