



**Toolkit for Parenting Teenagers**  
**Reflection Activity #4: Self-care**

You need energy to take care of your teen, so start by taking care of yourself! Being a parent can be overwhelming, sometimes you have to take a moment and recharge. Consider the following prompts as you reflect on how to best take care of yourself:

1. What self-care activities have helped me through moments of burnout in the past?
2. Do I feel as though those activities have been enough for me recently?

If you find yourself needing some alternative self-care activities, here are a few examples that you might find helpful. Pick out two activities that you will try over the next week:

- ✓ Deep breathing: Inhale for a count of 5, hold your breath for a count of 5, and exhale slowly as you count to five. Repeat this 4-5 times or as needed.
- ✓ Read or return to old hobbies
- ✓ Meditation: Meditation encourages the practice of mindfulness and being present in the current moment. You can find guided meditation videos online on sites like YouTube, and there are also a variety of cell phone apps with guided meditation.
- ✓ Physical activity, stretching
- ✓ Spend time with friends
- ✓ Take a hot shower or long bath
- ✓ Sleep
- ✓ Have a cup of tea
- ✓ Go on a date with your partner