



**United
Way**



United Way of Acadiana

802 S. Valerie Street | Abbeville, Louisiana 70510
337.385.2565 | fax 337.385.2904
1515 Jefferson Street | Lafayette, Louisiana 70501
337.534.0683 | fax 337.534.8004
UnitedWayofAcadiana.org/EarlyHeadStart
@UWAEarlyHeadStart

LIVE BETTER. LIVE UNITED
at **UWA EARLY HEAD START**

April 29, 2020

Hello EHS families,

I hope that you all are doing well and continuing health and safety practices during this time. Self-care in the time of the coronavirus is critical. For parents, prioritizing your own well-being is a benefit to the whole family.

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Below are tips that can help.

Self -Care During COVID-19

➤ **Make time for yourself-**

Right now, much of the personal time that was part of daily routines, such as commuting to work, time alone at home or at the store or social time with friends are not available for people with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone, or designating time to read, watch TV or simply get rest after the kids have gone to bed.

➤ **Prioritize healthy choices-**

The added stress with uncertainty we're all experiencing right now can make it easy to slip into habits that feel good in the moment, but can be detrimental in the long term. Eating properly, getting enough sleep, and creating a routine that includes physical activity can help with keeping ourselves healthy during this time. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binge watching your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

➤ **Reconnect with things you enjoy-**

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy, but rarely have time for, or make the choice

to learn a new skill. Maybe there's a new project you've always wanted to try, but you've been too busy. Maybe you love reading, journaling or puzzles, but with rushing between work and home and caring for kids, it's been years since you had the time to do any of these things. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking treats or making art.

➤ **Be Kind to yourself-**

Being Kind to yourself not only helps you stay calm during this difficult time; it will help ensure that you have the energy you need to take good care of your family. When you're running on fumes, caring for others can tax your already depleted resources to a breaking point. But when you prioritize your needs, you're filling up the tank, emotionally and physically, and that means you'll be in a position to offer comfort and care to others when they need it most.