

“Motivation”

is a free app that provides daily motivational quotes, positive reminders, and tips for managing stress.



Self-Care: Parents Need a Break Too!

Remember way back in 2019 when back to school provided parents with some relief to the daily grind of working, cleaning, cooking, childcare, etc? As with most things in 2020, the start of this school year is like no other. You don’t need me to re-hash what 2020 has had to offer; we have all lived it and are still living it. So today, we are going to take a minute (or maybe two) to focus on ourselves.

What is **self-care**? As per the Oxford Dictionary, **self-care** is “the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress.” Notice that this definition uses the phrase ‘active role’. This means that self-care is not a passive experience. It is not something that happens to you, it is something you have to do.

If you are still reading, then you have already started taking an ‘active role’ in your own self-care. Congratulations! Now let’s find some time every day to do the same. Self-care doesn’t have to be a grueling 60-minute workout at the gym or a yoga class at Canalside. You can practice self-care at home or at work in as little as five minutes. Not convinced? Keep reading.

Self-Care in 5 Minutes or Less

- Morning stretches. Try doing some stretches while the coffee is brewing. Stretch your arms toward the sky, reach down and touch your toes, and do some slow neck rolls to release tension.
- Write a thank you card to yourself.
- Install an inspirational quotes app on your phone or tablet. Take a minute (or two) each day to contemplate the daily quote.
- Write in a journal for a few minutes each day. Don’t stress about what you are writing, just write.
- Positive self-affirmations. Look in the mirror and say three positive things about yourself every day. Say it like you mean it!
- Turn off your phone during meals.
- Sing and dance to your favorite song.
- Write down what you are thankful or grateful for.
- Deep breathing with a minute meditation. Concentrate on one of your five senses while taking slow deep breaths. What can you hear, smell, see, taste, or

“Enliven” is a free app for Android or Google devices that provides motivational quotes,



meditations, and tips for being more mindful.



Upcoming Events

Date/Time	Topic	Link
Thursday, 9/17/2020 @3pm	Technology Related Assistance for Individuals with Disabilities (TRAID)	https://zoom.us/meeting/register/tJEscuirrz8qGtcg7CqXNPY4hoXKONbbDrq-
Thursday, 9/24/2020 @ 8am	Structure & Routine at Home with Hybrid-Model Schooling	https://zoom.us/meeting/register/tJMkc-2tqjkrHNX08e20KRtAFKI9qZxCTeHT
Thursday, 9/24/2020 @10:30am	Mindfulness & Managing Stress	https://zoom.us/meeting/register/tJMucemsqz8pHtPkzkdVxsUtLiHcb6cZb1uK



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