Step 1: Review Self-Care Examples

Example: Keeping a journal	✓	Reading spiritual/philosophical texts		Eating good food	
Taking time to reflect		Connecting with nature (e.g., walking)		Getting good sleep	
Meditating		Doing service (e.g., volunteering)		Exercising	
Limiting screen time		Going to church, mosque, etc. virtually		Praying	
Being mindful		Focusing on self-compassion		Having a hobby	
Anticipating mess-ups		Having friends night out (Zoom)		Delegating to others	
Creating emotional outlets		Talking with family and friends		Gardening	
Doing breathing exercises		Going to therapy via telehealth		Accepting help	
Using positive self-talk		Cultivating self-acceptance/forgiveness		Sitting less	
Practicing assertiveness		Having appropriate boundaries		Making art	

Step 2: Write Parental Self-Care Goals

Referring to the activities above, choose 2-3 that you will practice daily for the next week, and write corresponding goal statements in the following format: "For the next 7 days, I will..."

1. _____

2. _____

3. _____

Step 3: Create a Family Plan

1. Consider your family's most basic priorities, including work and school commitments, relationships, exercise, food, sleep, and play.
2. Using the lines below or a separate sheet of paper, write a family plan that supports your efforts to manage anxiety and move forward with your life in the next week. Here is an example:

   In the next week, I will...
   - *Make life feel somewhat predictable by having regular sleep times and meal times for myself and my kids*
   - *Do a good-enough job at work*
   - *Do my self-care activities*
   - *Make some time to play and talk with the kids*

   In the next week, I will...

   _____

   _____

   _____

   _____

Step 4: Make It Stick

Share your self-care goals and family plan with 1 or 2 supportive people and ask them to check in with you to help you stay consistent. OR Invite 1 or 2 supportive people to do this exercise with you so that you keep each other accountable and motivated.