10 Quick Thoughts About Self-Care.

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1. Self-Care is one of the highest forms of parenting.
2. You should have a self-care routine.
3. Consistent, planned self care makes you better.
4. Let’s be clear what self-care is all about…it’s all about YOU!
5. Self care is how you show yourself love, give yourself grace and recharge your parenting battery.
6. Who is on your self-care team?
7. Self-care doesn’t take away from your children…it ADDs to them.
8. Self-care: Do it before you need it!
9. This is not 1960!
10. Just because you haven’t been practicing good self-care doesn’t mean you can’t start…TODAY!
5 things you can do right now to enhance your self-care.
Questions/Comments?
Thank-you!

10 times your body was screaming out for self-care but you didn’t listen.