



## Empower your mind

It's natural to want to be a positive force in your child's life. An important way to do that is to be a positive force in your own life. That way, your child can learn first hand what it means to practise self-care, foster self-worth and nurture resilience.

- **Self-care** means proactively doing things to protect your health and wellbeing
- **Self-worth** means valuing yourself and believing you are good enough and worthy of love, kindness and respect
- **Resilience** refers to managing stress, adapting to change, coping through tough times and bouncing back from setbacks

Everyone's situation, responsibilities and needs are different. So, let's go through a simple "fill in the blank" exercise to outline some ways you can practise living these values to support your own wellbeing.

### Practise self-care

1. To eat nutritious foods, I can \_\_\_\_\_
2. To get quality sleep, I can \_\_\_\_\_
3. To stay physically active, I can \_\_\_\_\_
4. To find time to relax, I can \_\_\_\_\_
5. Three things I enjoy are \_\_\_\_\_

### Foster self-worth

1. Three things I like about myself are: \_\_\_\_\_
2. Three of my strengths are: \_\_\_\_\_
3. Three areas where I can improve are: \_\_\_\_\_
4. Three ways I can be kinder to myself are: \_\_\_\_\_
5. Three things I can take off my "to-do" list to reduce stress are: \_\_\_\_\_

## Nurture resilience

1. A recent challenge I overcame was \_\_\_\_\_
2. People I can lean on for support include \_\_\_\_\_
3. The next time I feel stressed, I can \_\_\_\_\_ to help myself feel calmer.
4. A realistic goal I have is \_\_\_\_\_,  
and I can accomplish it by \_\_\_\_\_
5. Three things that make me feel hopeful are: \_\_\_\_\_

## Bonus: Take a moment to celebrate the good in you and your life. Fill in the blanks:

1. I am grateful for \_\_\_\_\_
2. Something I have recently learned is \_\_\_\_\_
3. A memory I cherish is \_\_\_\_\_
4. Something that makes me laugh is \_\_\_\_\_
5. As a parent, I'm most proud of how I \_\_\_\_\_

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