

Self Care Tips Courtesy of Chatham Kent Access Open Minds Family Council

LC says: My self care includes reading a book, listening to music, or watching something on TV that I want to see. Sometimes I sit outside and enjoy nature or do yard work and garden. At times I get creative. Other times I cook or bake. Many times, I simply relax or meditate using "Meditation & Relaxation Music App".

Resources:

[You Can't Fill from an Empty Cup](#)

[Put My Oxygen Mask On First](#)



Sharon's self-care consists of daily walks, monthly massages, quiet time reading, and golfing with friends. Caregiving is challenging and rewarding and taking care of oneself is just as important!

Kathy's Self Care: I give myself at least 10 minutes each day to do some form of exercise, whether it be yoga, walking or stretching. While doing this I try to be 'present' by focusing on what I can see, smell, hear and how my body is feeling/reacting to what I am doing.

I also take some time reciting what or who I am grateful for in my life during the day - sometimes more than once depending on how my day is going.

Laurie's Self Care: I enjoy driving along one of the Chatham-Kent waterways on a sunny day with the window down. Seeing, and listening to God's beautiful creation centers me and gives me a better perspective on life's challenges. I really like the book entitled, "A Mindful Day: 365 Ways to Live Life with Peace, Clarity and an Open Heart"

MB on self care: Supporting a loved one with a mental illness can be emotionally and mentally exhausting. To keep myself recharged, hopeful and better able to cope with challenges, I benefit from digging my hands in the earth, feeling the sunshine on my face and listening to birds go about their day. It feeds my soul when it's weary, helps ground me in the present and lets me practice mindfulness.



Lee-Ann says: I like to read books on improving my finances as well as improving communication. I am working on understanding mental health and working on reducing my stress. I like to go to church and pray. I love time with my grand daughter as well.

Stacey's take on self-care: As a mom, I need to take care of myself in order to care for my family. I find rest and regeneration in a quiet bath. I love the Headspace App and find going for a walk with some fresh air is very therapeutic for me. Take time for you! You cannot pour from an empty cup.

Barb's self care: I like to cuddle with my cat, Bella. I can tell her anything and she never judges me. She just purrs and let's me know she loves me. I also like to watch sunsets with a glass of wine or sunrise with a cup of chai tea.

