



Theme
**Life Beyond
the Diagnosis**





FOR PARENTS AND CAREGIVERS

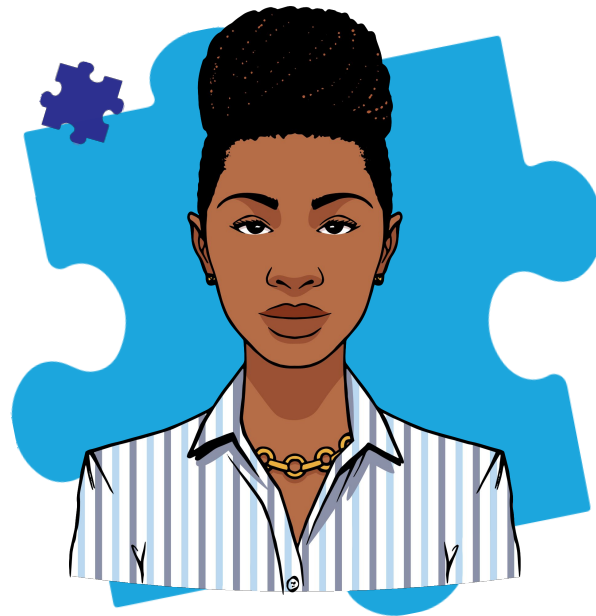
Practicing Self-Care

How to take care of ourselves as we support our loved ones.

Camille Proctor

Staying healthy in mind and body is essential, for parents and caregivers.

Taking good care of ourselves enables us to better care or our loved ones on the autism spectrum.





What is self-care?

Self-care is any activity we actively choose to do to take care of our physical, mental and emotional well-being.

Why do we need to practice self-care?



Our well-being is important no matter the circumstance or state of the world.



Self-care helps us manage stress better and allows us to be more productive. Taking care of ourselves helps us keep a good work-life balance.



If we don't take care of ourselves we can't take care of those we love.

Areas of Self-Care

Mental

Tending to your mind by practicing mindfulness and learning continuously

Emotional

Staying in touch or fully engaging with your emotions

Physical

Tending to your physical body by keeping it healthy

Social

Staying connected with family and friends

Mental Self-Care

TAKING CARE OF YOUR MIND

01

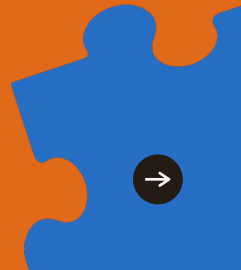
Set a routine. Schedule time for online classes as well as time for reviewing lessons and doing homework.

02

Take breaks during the day. Take the time to go offline and do other things not related to classes.

03

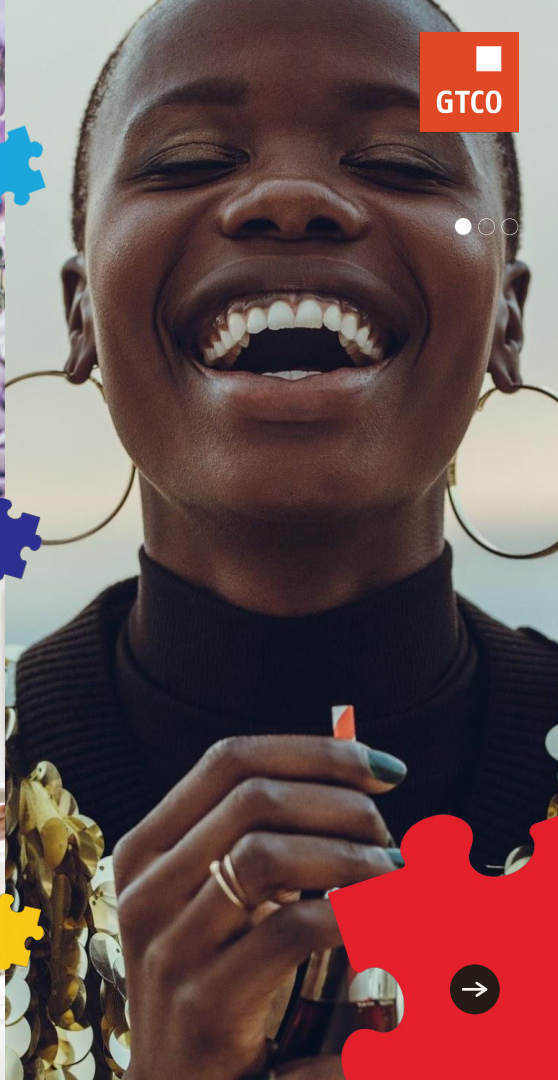
Practice mindfulness and take time for mentally-relaxing activities as well as activities that stimulate your creativity.





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SELF-CARE ALSO MEANS
BEING PATIENT WITH
AND KIND TO YOURSELF.

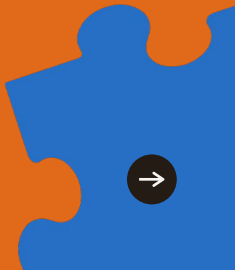




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Self-care is something we
enjoy doing and not
something we feel forced to
do.





Self-care practices can look different for everyone.

For some it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you.



Emotional Self-Care

01

Acknowledge your feelings and know that they are valid. Write them down in a journal or share them with someone.

02

Practice gratitude. Think of at least three things you are thankful for every day.

Physical Self-Care



Get enough sleep

Keep a bedtime schedule to give your body the rest it needs to recover.



Eat well and eat healthy

Nourish your body with healthy food and keep yourself hydrated.



Exercise regularly

Set aside at least 30 minutes a day to workout or to simply move your body.

Social Self-Care

01 Maintain connections with other people

02 Reach out to someone every day.
Call or message a family member
or friend just to check in.





YOU CAN ALSO THINK OF SELF-CARE
A WAY OF MODELING POSITIVE
BEHAVIORS FOR YOUR LOVED ONE.
AS THEY WILL LEARN, SELF-LOVE AND
SELF-CARE.



Keep safe and always take care!

Thank you for taking the time for this presentation.