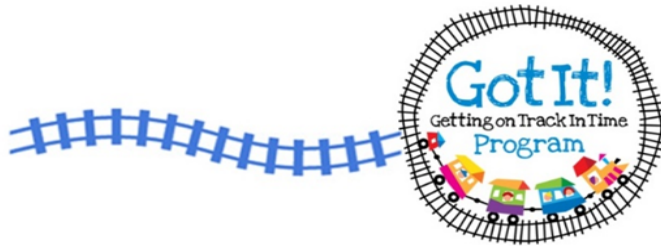


Got It!



Self-care

There is simply no way to be a patient and calm parent if you are not looking after yourself. A little daily guilt-free self-care goes a long way. You are not 'relaxing' you are 'recharging!'



Focus on 1 thing at a time

Say no to extra requests

Say yes to opportunities

Take 5 when you can

Hydrate

Tell someone all about it

Go for a walk

Have a nap

Watch a favourite movie