

## **Skills for Good Parenting: High School Age and Beyond - Self-care**

Effective self-care requires that you know yourself, your own limits and needs. Before you can help someone else, you have to take care of yourself; this is not selfish. Just like on an airplane – you have to put on your own oxygen mask before you can help those around you. You have to **make** the time for self-care, not find the time. Plan ahead and create the time slot in your busy schedule, so that you know that you have time to take care of yourself and your partner. This is an example of integrating your priorities into your daily life.

*Pause right now and take a few minutes to think about where in your week you can make the time for self-care and relationship building. If you're having trouble finding the time, take a step back and think about a couple of ways you can carve out that time; you may need to make choices, for example, relaxing your standards for housekeeping in order to have more quality time with your family. There's space on the worksheet for you to write down your thoughts and remind you to continue to think about this after you're finished listening to the podcast.*

Teens, as they strive to develop their independent identities, create conflict. If you are aware of your teen's flash points ahead of time, you can be prepared. But what about you? What are **your** stress points? Knowing them ahead of time will make it easier for you to be **pro-active** rather than reactive. Know when to put yourself into your own time out and how to suggest using this skill to your teen. Being explicit about using these techniques can help your child develop their own coping skills. Simply say "I need to hit the pause button" and walk away. You can do this even in a fraught situation, as it teaches your teen the value of de-escalating a conflict. You are also modeling an important skill for them by walking the talk. Take a safe 5-minute break for yourself, whether you need to take a few deep breaths, step outside, step into another room, or call a friend. Take care of number one by knowing what you need to do for yourself and to diffuse a tense situation so that later you are able to address an issue less emotionally.

**Teens and young adults face high levels of stress in their lives. Teaching and practicing these techniques are valuable life-skills. At the same time, acknowledging the stresses they face can help bridge the communication divide parents often face with teens and young adults.**

*Pause here and think about what makes you lose your cool – these are your stress points. Make a list too of those your teen's stress points.*

What is your image of strength? This technique involves forming an image in your mind that makes you feel in control and empowered, able to keep your cool in the face of the challenges of parenting. Maybe a superhero image will work for you, or imagining yourself as a large immovable boulder being buffeted by waves, or a large pine tree buffeted by wind, swaying but never breaking? Hold onto the image that works for you, and picture it when you are faced with a tough moment as a parent. Next time you're having a difficult moment with your young adult, close your eyes, take a deep breath and conjure up your image of strength; then step back into the situation.

In addition to “in the moment” self-care techniques like creating and using your own “strength image” and taking your own “time-out” there are many prevention-based self-care techniques you can plan for and schedule into your busy life such as exercise, healthy eating, and massage.

Another helpful self-care tool is that of mindfulness. The essence of mindfulness is to shift gears away from action and to shift to non-judgmental observation. The meditations, techniques and exercises are all designed to get you to hit the mental pause button and turn off trying to solve a problem, figuring out how to accomplish something, or thinking critically about something that has happened or you have done. Instead, you focus on becoming aware of simply being, without judging yourself. By focusing on the physical sensation of what you are doing in the moment, you are training your brain and body to awaken to a place where you can remember that you are not your thoughts. While there are many resources available to integrate mindful practices into your daily routine, mindfulness can be worked in any moment, by paying attention to your breath or focusing on some other physical sensation. We have provided links to additional information about how to integrate mindfulness practices into your routine and its benefits on our resources page related to this podcast.

By taking care of yourself, you become better equipped to care for your family. Keeping all of the parenting balls in the air at once isn’t always easy and practicing self-care makes that juggling do-able. By making self-care and mindful practices part of your own coping tool-kit, they become part of your family’s routine.

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