



Self Care for parents with disabled children



Although for some it is considered a trivial concept with a secondary place in our lives, self-care has a scientific basis. Self-care has proven to be a basic level of health care, as it treats about 80% of health problems.

What does self-care mean?

It is defined as the collection of habits that support and enhance our mental health and well-being.

How can I integrate self-care into my life?

At this point, we will present you simple ways to integrate self-care in your life and benefit from its beneficial consequences!

1. Nutrition, sleep, exercise.



The basis of

self-care is a

healthy diet, quality sleep and exercise. In foreign countries there are doctors who recommend daily walking for 40 minutes, proper nutrition and a regular sleep schedule instead of prescribing medication.

2. Pleasant activities.

It is very important to include in our daily activities activities that fill us and make us happy. For others, it may be cooking, while for others it may be watching a series. Find what pleases you and let go of your obligations and worrying thoughts!

3. I express my thoughts.

Part of self-care is devoting a few minutes a day to talking to a familiar person. This can be your partner, your friend, your mother, your colleague. At this point let's say that if you feel that you can not share your thoughts and worries with someone, there are telephone support lines, such as 10306, which especially in this critical period of the pandemic is next to everyone with a simple phone call all in the 24 hours.

4. Daily routine, planning.

Another way of self-care is to create a daily routine. In this way, the person enters into a series, into a planning, and most importantly feels that he regains control of things. Especially the days we go through, when we feel that most of them are beyond our control, the daily routine will be very useful. This may include setting up a specific sleep plan, removing our cell phone before enjoying breakfast, and more.

5. Gratitude.

As we have said before about creating a routine, it should not be devoted to devoting a few minutes a day to realizing what things you are grateful for. You can make a list either on paper or in your mind and gather there the things you are grateful for and the people or situations you helped. Gratitude helps us face the difficulties in our lives with greater power!

6. Self-care also occurs when you are relieved of responsibilities that do not belong to you



And what

do we mean

by that? It is essential in life to be realistic about what one can control and what one cannot. What is his share of responsibility and what is not, and not to bear this as his own burden. For example, you are responsible for what you say and how you act but you are not responsible for how the other person acts.

7. Relaxation techniques.

The purpose of relaxation techniques is for the individual to learn about his body and to be able to relax by making conscious efforts to do so. As the person experiences stress, the body enters a defensive position and perceives everything as dangerous. At this point, the person must take control and "indicate" to the body that not everything is dangerous, and that the person can manage everything. Of course, like all relaxation techniques, they require systematic practice in order to achieve all the beneficial effects that these techniques aim at.





Parents of children with disabilities: 6 self-care practices by a mother of disabled child

1. Breathe and lie on the ground

You can benefit greatly from taking time for yourself. Take a few deep breaths, concentrating for three to five minutes. This can have a huge impact and be one of the easiest and fastest ways to take care of yourself.

2. Play your favorite music

Your favorite music can help you relax. Let the music play during the hours of the day that are predicted to be difficult. It can also have a calming effect on your children.

3. Go out and look at the sky

The fresh air can be soothing, looking up at the sky we realize how big the universe in which we exist and live. Allow yourself to relax and meditate on the magical images of nature.

4. Wake up 15 minutes early to enjoy your morning routine

Make yourself a cup of coffee or tea and enjoy it without distractions.

5. Seek help from other family members

Asking children for help cleaning the table, preparing dinner, packing, or caring for pets is an effective way to lighten your load. Taking on these responsibilities is also a great way to build confidence and feel valued by family members.

6. Express yourself creatively

Think about the activities you enjoyed before having children. Did you sing while driving? Did you dance at home with loud music? Did you enjoy reading a good book



or making a

work of art?

When I engage in some form of creative expression, I feel whole. Joining a song or dance group would be great, but if it is not possible we can find ways to stimulate our creativity, even when we are with our children. Instead of trying to figure out what to do with it, look at how you can create a party with your kids. Sing your favorite song while driving with your kids. Practice yoga even if your children are there. The yoga teacher had emphasized to me that there is always enough time to do our tasks as long as each of them is done with intention and presence.

links to shelf care of parents with disabeld children

<https://www.navigatelifetexas.org/en/family-support/self-care>

<https://caramelautism.com/caramel-autism-insights/the-importance-of-self-care-for-parents-of-special-needs-children/>

<https://parentingadhdandautism.com/2014/07/momma-self-care/>

<https://cosyhomecare.com.au/5-self-care-tips-for-parents-of-children-with-a-disability/>

<https://lifewithasideoftheunexpected.com/self-care-tips-special-needs-parents/>