

# Well-being Tips

## for Parents and Caregivers

Parents and caregivers are often reminded that self-care is important, but as responsibilities pile up, that can feel unrealistic. You do so much for your family. God sees your efforts, and your well-being matters for both your family's sake and your own. We hope these tips encourage you this month.



**Physical and Mental Health:** What is a springtime outdoor activity that brings you joy? Consider scheduling an activity that helps you spend time in God's creation—like hiking, gardening, or walking with a friend.



**Spirituality:** Make time for your own spiritual needs by attending Stations of the Cross, Adoration, or a daily Mass on your own (or with another adult) sometime this month. This may mean getting a babysitter, trading childcare with a friend or another parishioner, or asking someone to watch children.



**Community:** Parents of young children and other caregivers often feel lonely in this phase of life. The responsibilities of parenting can feel lighter when we share time with friends, family members, and fellow parents. Consider attending Mass or Stations of the Cross at the same time as another family you know. Or get together for an informal visit and a simple meal with another family. If spring weather allows, you could even visit at a park or outdoors! Supportive relationships, shared faith, and time spent in nature can all help reduce stress after the winter months.