

Self Soothers for Parents



Partner System

Set up a partner support system with your spouse, partner, or a reliable adult such as a close friend or neighbor. Set up a daily system that will allow you to take a quick 10-minute break from your child in order to disconnect and reset. If you do not have an adult you feel comfortable with, create a safe space for your child so you can disengage from your child and walk away within your house. Listening and being in tune with your mind and body when it needs a break will allow you to refuel with energy that is needed to address life's daily challenges. Know when to..."Tap Out!"



Walk it Out

A good way to keep from becoming overwhelmed or stressed is to find time during the day to go on a quick walk. Walk around the block or to your favorite spot. Take in the sights, sounds, and scents of nature. Breathing in nature's fresh air can be very healing. Remember, children feed off of your emotional state so when you start feeling stressed and overwhelmed it is ok disconnect and take a walk. Pace yourself!





Outside Activities

Find an activity outside of your household responsibilities that makes you happy. Some examples of activities you can do are taking classes such as: cooking, painting, exercise, pottery, etc. Do something fun that is completely for you! Even if it is once a month or every other month, enjoying time outside of your house and socializing with others is a very effective tool for self-care. So get out and find something you love!

Quote

Look for 5 positive quotes and write them down on notecards and place them throughout your house. When you feel like you need a break, read a quote, take a deep breath and say that quote 10 times in a soft whisper. Connecting and feeling the positive words of the quote, is a great strategy to quickly shift your mindset.

“ You can quote me on that! ”

Adult Coloring Books

Purchase an adult coloring book or print out free adult coloring pages online. You can use crayons, markers, or colored pencils. Coloring for adults is a simple activity to help give your brain a break from life stressors. Remember to stay within the lines!



Songs



Music is another awesome way to help shift your energies. Put on your favorite song and sing or dance to it. It's amazing how quickly our mind and body can connect to the emotions of a song in order to help us feel calm and relaxed... Do, Re, Me is easy as 1, 2, 3!



Books

Books help us mentally escape from reality and experience life without ever having to leave. Find a leisure book or novel that is non-autism related and take 10-15 minutes out of your day to read. Often times a good book can trigger new ideas and thoughts or can help us become inspired. We lose ourselves in books, we find ourselves there too!

Comfort Food

From time to time, treat yourself to your favorite foods... you deserve it! Make it at home, or go out and buy it. The aroma and flavors of your favorite food(s) awaken your senses giving comfort and immediate joy. Just like your child, you also need to feel comfort and happiness. Indulging in our favorite food(s) is always an enjoyable and positive experience. Bon Appetite!





Meditation

Meditation is a self-care method that is increasingly becoming popular. Research behind meditation shows effects on reducing stress, improving concentration, encouraging healthy lifestyle, increasing self awareness, increase in positive mindset and happiness, increases acceptance, slows aging, and benefits cardiovascular and immune health. Simply focus on your breath, shoulders relaxed, and spine tall and think about nothing. Focus on complete stillness. There is no set amount of time, but the longer you meditate the better. Namaste!

Affirmations

Words are important. A positive mind finds ways it can be done while a negative mind looks for ways it can't be done. Negative thoughts and words can make you feel icky inside. Focus on the positive by writing positive words or statements to help you feel light and happy on the inside. Every month think of three positive things you like about yourself, and three positive things about your life. Write these positive thoughts down. Everyday say these positive statements throughout your day. If a negative thought pops in your mind then challenge yourself and think of how you can change that thought into a positive one. The more you focus on positive the less distracted you will get by the negative. Think happy thoughts!

