

Circles of Life 2022 Self-Care Panel

What We Think Self-Care Looks Like



Netflix
Saying "no"
Talking to other parents/families who can relate

Reading
Asking for Help
Date Night
Time with friends
Change/Cancel Plans

Being with my feelings
Sleep in/Sleep late

Mantras
Dog walks
Journal Writing

What Self-Care Really Looks Like Behind the Scenes

Time Alone
Delegate
Meditation

Being in Nature

Baking