

CAREGIVER

Wellness

Caregiver Tips

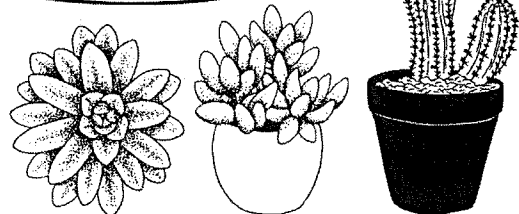
Have you ever heard the phrase "children are like sponges"? Well they are! We need to set an example of doing one thing at a time and being present with our loved ones. Our children will model after how they see us living life. It's not too late to try this. Work together with your child to limit distractions and find some time for non-multi-tasking family fun!

Wellness Theme: One Thing at a Time

Parents and Caregivers are well known for being professional multi-taskers. It's not often that we are able to focus our full attention on just one thing. We are managing ourselves, our career, children, food, finances, household chores and responsibilities, and so many other things! Superheros are what we should be called! The problem with living this way is that we often miss out on things. We are rarely fully present or engaged in what is going on right in front of us. For our mental health and wellness, let's work on being present this month.

Caregiver Challenge

This month, focus on the little things! Allow yourself space to just be. To sit with your child or significant other and be with them, without electronics or work obligations controlling your thoughts. Focus on quality time with those you love the most! Not only will your family benefit, but you and your mental health will benefit as well. Take notice of how you feel in the moments of singular focus. I'd love to hear how it goes!



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