"Taking care of yourself doesn't mean "me first", it means "me too"."
-L.R Knost

"Self-care means giving yourself permission to pause."
- Cecilia Tran

"You can't pour from an empty cup"
-Norm Kelly

Resources

Here are some resources and helplines you may also consider.

MindSG
A suite of self-care tools and resources to help you better understand and manage your mental health

Mindline.sg
A digital stress management platform with tools, tips and resources on self-care

RECAPlite My Coping Toolbox
List of strategies to pull out and cope with stressful situations

Helplines

ComCare Helpline
Information on help available at FSCs/SSOs
Tel: 1800-222-0000 (24 hours)

CareText
WhatsApp: 9151 1767 (24 hours)

Samaritans of Singapore (SOS)
Tel: 1767 (24 hours)

If in immediate danger, dial 995 for the SCDF or approach the A&E department of your nearest hospital.

If you need further emotional help and support, please talk to your healthcare provider to explore options.

KK Women's and Children's Hospital
SingHealth



SELF-CARE

A Guide For Parents

Developed by the DayOne program
(funded by the Lien Foundation)

Self-care is a habit that encourages health and wellness for our bodies and minds



When we practise self-care, we can..

- **Reduce everyday stress levels:** Engaging in relaxing activities consistently can help reduce everyday stress levels.
- **Be a good role model:** When our children see us taking care of ourselves, they are more likely to do the same!
- **Take care of our children's needs:** If our needs are met, we are more available to meet our children's needs

Let's practise self-care with GRAPES!

Gentle with self

Be kind to yourself. Remember that there are some things you may not have control over. When you try to change these, it may increase your sense of frustration. Recognise that you are trying your best and think of yourself with kindness, acceptance and forgiveness.

Refill

Aim for a healthy routine, with a balanced diet, good sleep and sufficient physical exercise. Drink enough water and limit screen time to less than 2 hours a day.

Acknowledge

Take a few minutes every day to acknowledge three things that you are grateful for (e.g. favourite coffee/tea in the morning, seeing a smile on a loved one's face). Try writing those things down. Use a journaling app such as the Grid Diary App.

Grid Diary App

Pleasure

Make time to do something you enjoy, such as going to the beach, taking a walk in the park, baking, singing, reading a book or cycling.

Exhale

Take deep slow breaths to help you stay calm. Practise mindfulness to stay in the present moment, without focusing on past mistakes or the future. Use mental wellness apps such as MindFi or Smiling Mind for simple breathing, mindfulness or meditation exercises.

Smiling Mind App

Socialise

Stay in touch with your family and friends. Connect with people who may share the same experiences as you and have found ways to make things better for themselves. Seek professional help when overwhelmed.