# Get more energy

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- To replenish emotional energy, parents need to feel mastery in the things they do
- Congratulate yourself on small victories Spend time with family and friends
- Set aside time to be able to do things that are important to you
- All these things bring balance to life
- When parents feel good, they become better parents. They show security and balance
- They are better able to meet the children's needs



**Put a ring around the ways you respond when you are tired:**

| | |
|---|---|
| Your heart beats faster | You cannot sleep |
| Your body aches | You burst into tears |
| You cannot concentrate | You forget things |
| You are short-tempered | You sleep too much |
| You are argumentative | You smoke |
| You withdraw from people | You don’t eat |
| You eat too much | You break things |
| You hurt people's feelings | You feel tired |
| You get cross with your pet | You feel dizzy |
| You drink too much | You get short of breath |
| You worry a lot | |
| Your mind is buzzing with a host of different thought | |

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**How do you take care of yourself?**

Learn to take good care of yourself. This can help you deal with challenges and keep you healthy. Read the advice (physical and mental, as well as spiritual) on how to take care of yourself. Reflect on other things that could work for you. Write down your own suggestions under “Other”.

**Physical and mental wellbeing**

- Eat a healthy diet
- Drink plenty of water
- Take regular exercise
- Sleep and rest
- Prioritise – assess your tasks, duties and activities
- Do something you enjoy, treat yourself to something nice!
- Listen to your body and your heart – do more of what gives you energy and makes you happy

**Other (physical and psychological needs):**

**Spiritual wellbeing**

- Find things to be grateful for – focus on the small things in your day-to-day life that make you happy and energise you
- Find peace – some people may find comfort in prayer or meditation

**Other (spiritual needs):**

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**How do you spend your days?**
Use this table for a few days and note down the things you do.
You can then go back over your notes and see how you spend your time.

| What was the time? | What did you do? | How long did you spend? | Was it important? |
|---|---|---|---|
| | | | |
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