

# Nottinghamshire Children's Centre Service

## Taking care of you!

We all have such busy lives, juggling lots of things like children, work, and a household to mention just a few. So busy that we often forget about ourselves or feel guilty for taking 'me time' but having time for yourself will refresh your mind and improve your mental wellbeing. Remember, you are important!

Here are 4 tips for taking care of you:

- **Accept yourself as you are** – Try not to compare your life and how it looks with others. Remember, people often only share the edited highlights on social media!
- **Focus on the basics** – Sometimes it can feel impossible to get the simplest things done. Personal hygiene, eating the right foods, exercise and good sleep are all building blocks of good self-care.
- **Find what makes you happy** – It could be a particular type of exercise like running or martial arts, something creative like amateur dramatics or painting, or maybe you had a hobby when you were younger that you would like to revisit. Even allowing yourself time to sit and read a book gives you time away from 'everyday'.
- **Schedule time** – Let those around you know that you are going to be taking regular 'time out' just for you. It doesn't mean you are excluding them, just allowing yourself time to do something for you.



#MaternalMHMatters



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...giving children  
the best start