



Resource Hyperlinks for Self-Care Tips for Parents

[This helps everyone feel safe](#)

[Don't pack it too full](#)

[Take brain breaks every 30-45 min during work activities](#)

[Connect with someone outside your home daily if possible](#)

[Make a daily connection with your child](#)

[Reach out when you need it!](#)

[Take three deep belly breaths](#)

[Listen to a quick podcast](#)

[Prioritize your own well being](#)

[The Most Important Thing to Remember](#)

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