

# Parent Tip #35

## You First

- Take care of yourself.
- Pay attention to your own needs and feelings.
- Engage in activities that you enjoy and find relaxing.
- Exercise regularly.
- Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.
- Teach your child how to take care of themselves, while caring about others (it's a balancing act)

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