

# Tiny Moments of Relaxation

*It's all about finding the calm in the chaos*

Juggling Parenting with life in general is a demanding job that means we are busy nearly all the time and can have very little time to think about ourselves or our own needs. This can create stress and have an impact on how we feel. However, because we are so busy, doing things to look after your mental health can feel like another thing to add to the already overwhelming to-do list, so it gets forgotten about.

However, looking after your mental health doesn't require big tasks and doesn't need to take lots of time. Even adding tiny moments of relaxation into your day can help manage stress and have a positive impact on how you feel. These tiny moments can help us respond better to stress and calm us down. They can also create positive emotions that help us feel good in our mind and body, and the effects can last longer than the moment itself.

Tiny moments can also be about taking time to nurture yourself - drink some water, take a nap if possible, or eat something that gives you the boost you need. Fitting in or planning for a few tiny moments throughout the day is a simple and manageable way to help you look after your mental health proactively.

Here's a few different types of relaxation that are good for your mind, body and soul.

## *Connection*

Social connection is essential to our health, both physical and mental.

Yet, in the business of parenthood, we often feel we don't have time to connect with others.

Taking a moment to connect can help us feel supported and can make us feel good. Could you text a friend? Give a supportive family member a quick call? Talk to someone at your child's school?

## *Planning*

Think about where you could fit tiny moments into your day, and how you will make sure they happen.

Are there specific times that this would work best? Could you do this for the first few minutes when your baby has a nap? When your partner comes home? When your baby is happily playing?

Can you plan for these to make sure they happen? For example, by leaving your coffee cup and magazine out ready to go, filling a bottle of water at the start of the day to keep you hydrated, or preparing some nice snacks for yourself the night before.

## *Joy*

What do you love doing? What makes you happy?

Maybe it is reading a book, exercising or doing something creative?

Can you think of tiny ways to incorporate some of this in your day? For example, could you find a moment to read one or two pages of a book or magazine, or keep a creative project to hand so you can spend five minutes on it whenever possible? Doing things that bring us joy and having things to look forward to that we enjoy, creates feel-good emotions that are beneficial for our mental health.

## Relaxation

What helps relax your body and mind and makes you feel calm?

Taking time to engage your body's 'rest and digest' system at times throughout the day can help reduce stress and relax your body and mind.

This could just be allowing yourself to relax and have a cup of tea and read a magazine when your baby is napping or having a walk outside when they are sleeping in their buggy.

It could also be doing simple techniques such as breathing exercises (try breathing gently in through your nose for 3 seconds and out gently through your mouth for 5/6 seconds), muscle relaxation (try tensing and relaxing groups of muscles) or gentle yoga poses which help calm body and mind.

## Nurture

As parents, often our own needs come last or get forgotten about completely.

Looking after your own basic needs and nurturing yourself is important for your wellbeing.

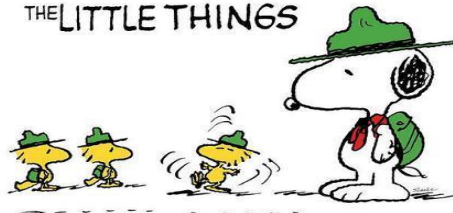
What tiny things can you do throughout the day to nurture yourself? Having an enjoyable snack or your favourite lunch? Staying hydrated? Getting some exercise - a ten-minute walk or using some hand weights? Even having a short nap?

Think about small pockets of time that could be used to do this, or how you can build this into a tiny moment in your day to make it seem possible and achievable.

So, look after yourself and remember to....

**CELEBRATE**

THE LITTLE THINGS



**For more support with your well-being take a look at the links available on Warmley Park's Parent's Wellbeing Page.**