

Family Wellness: Finding the Connection Between Caring for Others and Caring for Yourself

Joslin Maxwell & Cree Hare
Wellness Specialists



POSITIVE SCHOOL CULTURE SUPPORT
PROACTIVE. RESPONSIVE. EFFECTIVE.

Statistics for a healthier you...

39%

Parents feel guilty
for taking some
“me-time.”

67%

Adults prioritize caring for
others more than
themselves.

30%

Adults set aside time for
self-care.



Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

How do you feel right now as a parent/caregiver of a child with special needs?



<https://positiveculture.participoll.com/>

n^ore^osponses

0



POSITIVE SCHOOL
CULTURE SUPPORT

Your Feelings Matter...

- Feeling overwhelmed with managing financial, therapy and medical needs
- Feeling exhausted from working and caring for a special needs child
- Feeling frustrated from unsolicited advice on how to raise your special needs child from others who don't have a special needs child
- Feeling guilty or sad about your child's disability
- Feeling isolated from other parents and friends
- Feeling sad when your child becomes frustrated while trying to accomplish daily tasks



Laughter is a Form of Wellness



POSITIVE SCHOOL
CULTURE SUPPORT



10 Tips For Caring For Yourself (while also caring for others)

- Take a Breath
- Set Boundaries
- Get Support
- Schedule Me Time
- Practice Gratitude
- Identify Your Village
- Give Yourself Grace
- Fun Family Time
- Your Happy Place
- Get Outside



01

Take a Breath

A person can survive days without water and weeks without food, but only minutes without air. Practice as a family during calm times - make it a ritual at breakfast to start the day or at bedtime to end the day. Then you can use this tool to help calm emotions when needed.



Watch & Breathe



INHALE, EXHALE



POSITIVE SCHOOL
CULTURE SUPPORT

Watch & Breathe

BREATHE SLOWLY:



IN & OUT

BREATHE SLOWLY, IN & OUT



POSITIVE SCHOOL
CULTURE SUPPORT

02

Set Boundaries

It's OK to say no. Bring balance with boundaries. By supporting a child with special needs, you are already doing more than your average parent/caregiver.



Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

It Helps to be Prepared

If you tend to say yes when you are caught off guard...

"Let me get back to you" or "Let me think about it."

If you want to leave the option open, but not commit at this point...

"Thank you so much for thinking of me. It's a no for now, but I will definitely let you know if anything changes."

No is a complete sentence, but you can also say...

"If I did this, I'd have to figure out what else to give up. My time is filled with other priorities at the moment."

"Sorry, my plate is already full."

"I am not able to do that this time, please ask again!"

"No, thanks, but I appreciate you thinking of me."

"Thank you for such a wonderful offer. I have to pass this time."



03

Get Support

Access professional, community, and group/mentor support that is available. Find resources that can help with managing financial costs, due to additional medical/therapy services.



POSITIVE SCHOOL
CULTURE SUPPORT

04

Schedule “Me Time”

Find small moments to do things that bring you joy. Reward YOURSELF for reaching small goals, just as much as bigger milestones.



05

Practice Gratitude

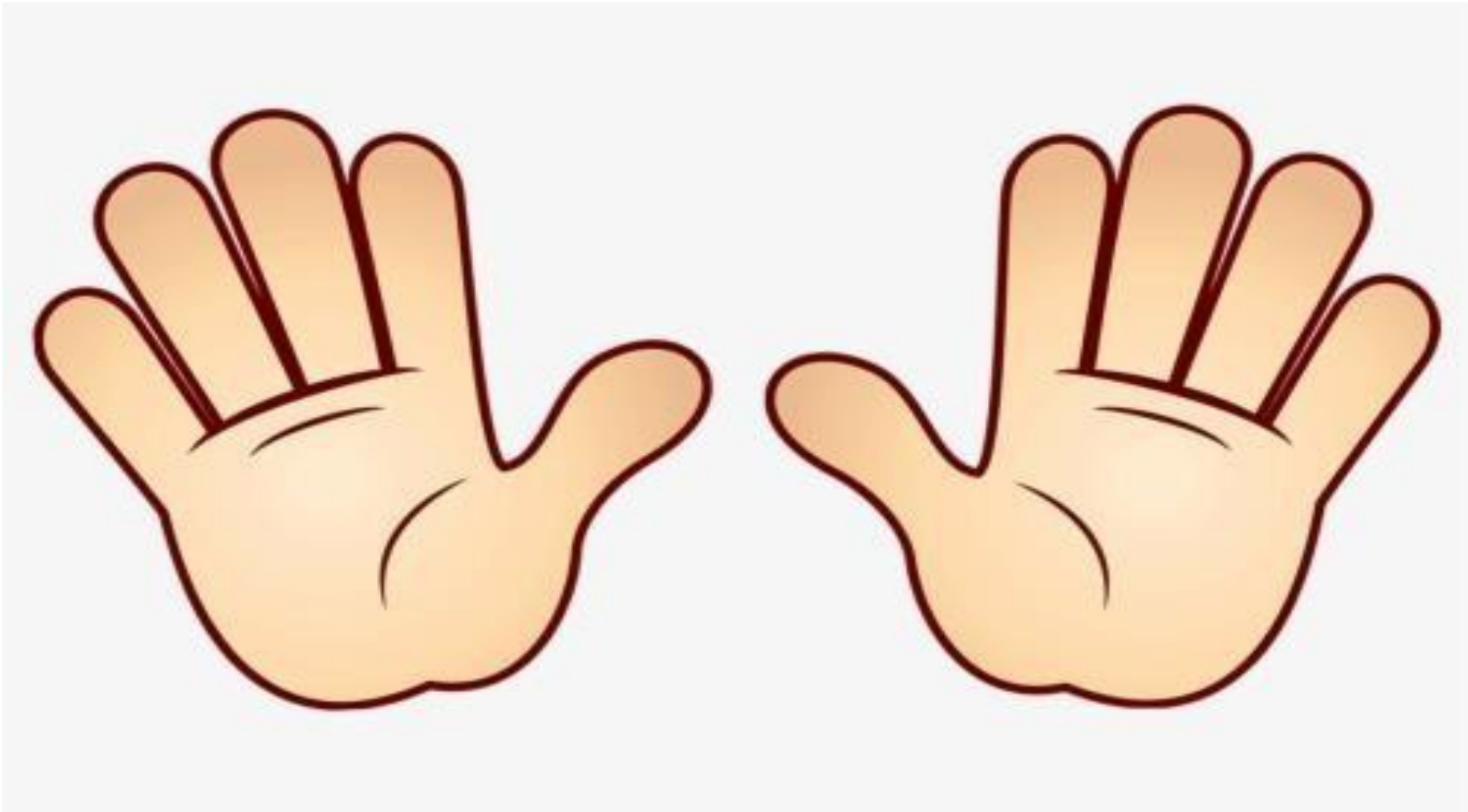
Make gratitude a daily habit. Flex your gratitude muscle personally or as a family. It's a great way to start out a conversation at mealtime or in the car. You can help each other get to 10!

"I don't have to chase extraordinary moments to find happiness--it's right in front of me if I'm paying attention and practicing gratitude."

- BRENE BROWN



POSITIVE SCHOOL
CULTURE SUPPORT



10 Finger Gratitude Exercise



POSITIVE SCHOOL
CULTURE SUPPORT

06

Identify Your Village

Let friends, family and chosen family help. Identify your needs and your family's needs and think of who may be able to assist.

Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this
QR code



Family isn't
always blood. It's the
people in your life who
want you in theirs;
the ones who **accept**
you for who you
are. The ones who would
do anything to see
you smile & who
LOVE YOU
no matter what.



POSITIVE SCHOOL
CULTURE SUPPORT

Name Your Village Members - (examples: friend, neighbor, brother)



<https://positiveculture.participoll.com/>

n^{re} responses



POSITIVE SCHOOL
CULTURE SUPPORT

07

Give Yourself Grace

Be kind to yourself. Remind yourself of the win in each day.

be gentle
with yourself.
you're doing the
best you can.



08

Fun Family Time

Often fun helps with a positive reset, which keeps emotions regulated.

Examples: cooking, photography, board games, puzzles, singing, dancing to a favorite song, build structures with blocks or clay, a treasure hunt, blowing bubbles, etc.



POSITIVE SCHOOL
CULTURE SUPPORT

An example of a free, energizing activity to enjoy during family fun time - a seated dance break!



POSITIVE SCHOOL
CULTURE SUPPORT

09

Your Happy Place

Visit a space that brings you joy, look at a picture or remember it in your mind. Make a list of ideas to go to when you have the opportunity.



Please submit questions at:

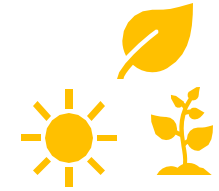
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

10

Get Outside



Go for a walk, sit at a picnic table for lunch, or tend to some plants. Daily stressors can feel smaller when you are getting fresh air and it can help to press pause on the feeling of living in "survival mode."





So many benefits...

- Improves Quality of Sleep
- Improves Bone Strength
- Generates Weight Loss
- Strengthens Immune System
- Improves Mental Health/Depression
- Eye Health



Which wellness tip will you use first?

- A. Take a Breath
- B. Set Boundaries
- C. Get Support
- D. Schedule Me Time
- E. Practice Gratitude
- F. Identify Your Village
- G. Give Yourself Grace
- H. Fun Family Time
- I. Your Happy Place
- J. Get Outside

<https://positiveculture.participoll.com/>



Thank you!

Follow your Wellness Specialists on Twitter...



@joslin_maxwell
@creecreehare

Email your Wellness Specialists:

joslin.maxwell@cobbk12.org

lucrecia.hare@cobbk12.org

Email your Special Education Parent Mentors:

toni.burton@cobbk12.org

stacy.greene@cobbk12.org

Please submit questions at:

<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT