Practicing Self-Care

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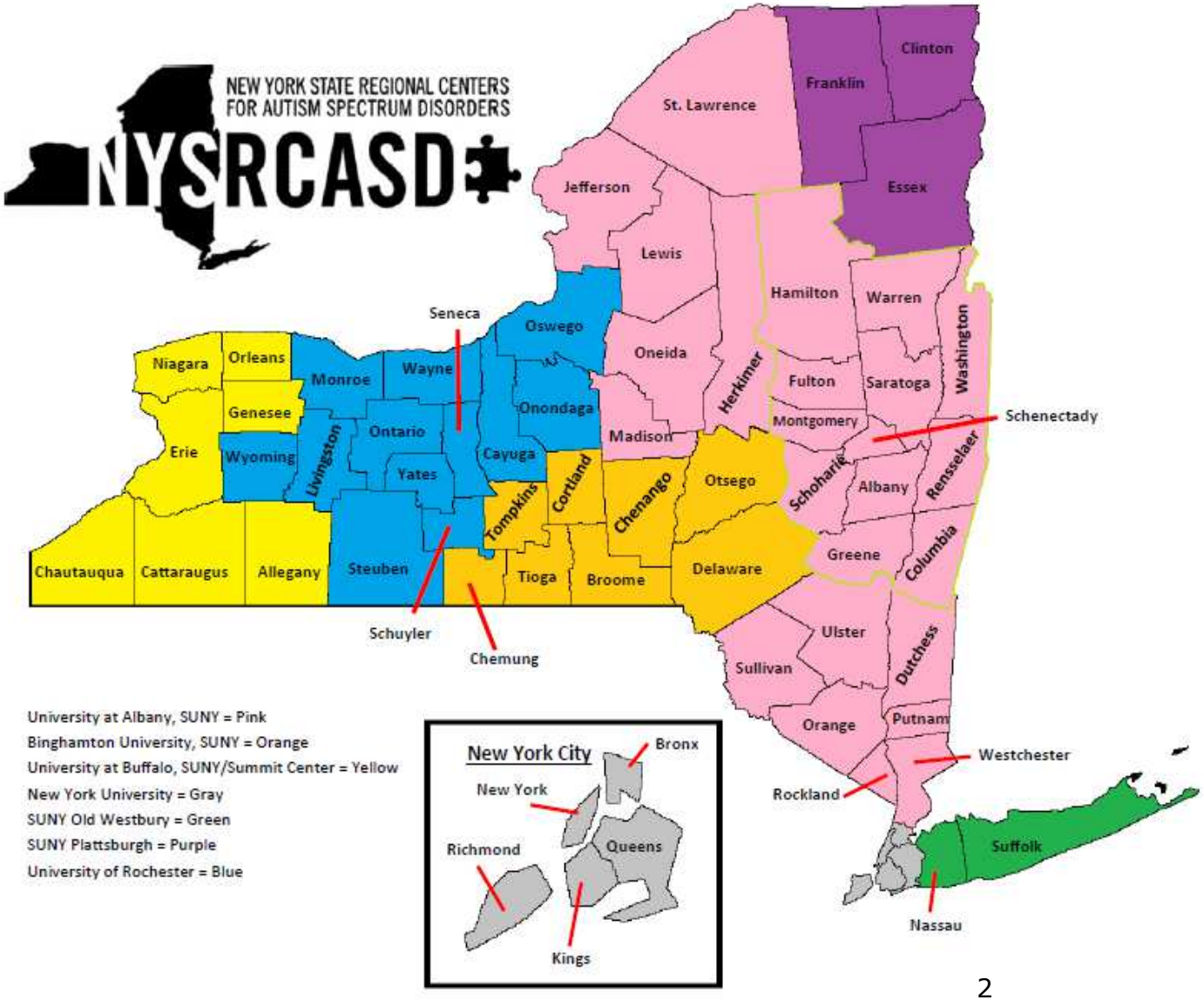
Rochester Regional Center for Autism Spectrum Disorder
Strong Center for Developmental Disabilities

MEDICINE *of* THE HIGHEST ORDER


NEW YORK STATE REGIONAL CENTERS
FOR AUTISM SPECTRUM DISORDERS
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Delaware
Ulster
Dutchess
Sullivan
Schuyler
Chemung
Orange
Putnam
Westchester
Rockland
Suffolk
Nassau
University at Albany, SUNY = Pink
Binghamton University, SUNY = Orange
University at Buffalo, SUNY/Summit Center = Yellow
New York University = Gray
SUNY Old Westbury = Green
SUNY Plattsburgh = Purple
University of Rochester = Blue
New York City
Bronx
New York
Richmond
Queens
Kings

A Look at the Numbers

•Mothers who attend to the needs of children with socially disruptive conduct spend **3.6** more waking hours per day caring for their child (Whitney & Smith, 2015).

•Mothers raising children with disabilities reported the following **UNMET** needs (Bromley et al., 2004):

91% Doing things I enjoy

85% Having someone to talk to

69% Meeting other parents in socially satisfying situations

STRESS

2/3 of parents

of children with Developmental Disabilities have significantly elevated stress levels

(Baker-Ericzen et al., 2005).

STRESS

Stress negatively impacts our:

1. **Physical health**
2. **Mental health**
3. **Children's outcomes**

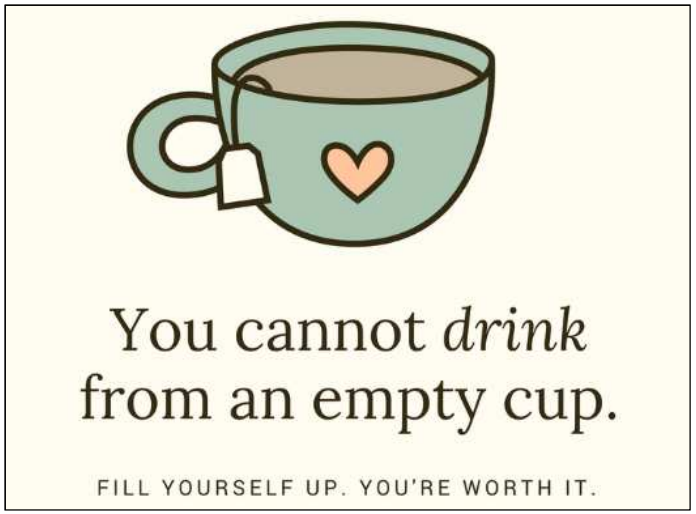
(Gallagher & Whitely, 2013)(Mugno et al., 2007)(Whitney & Smith, 2015).

Self Care is NOT Selfish

Being a **ROLE MODEL**

What is Self Care?

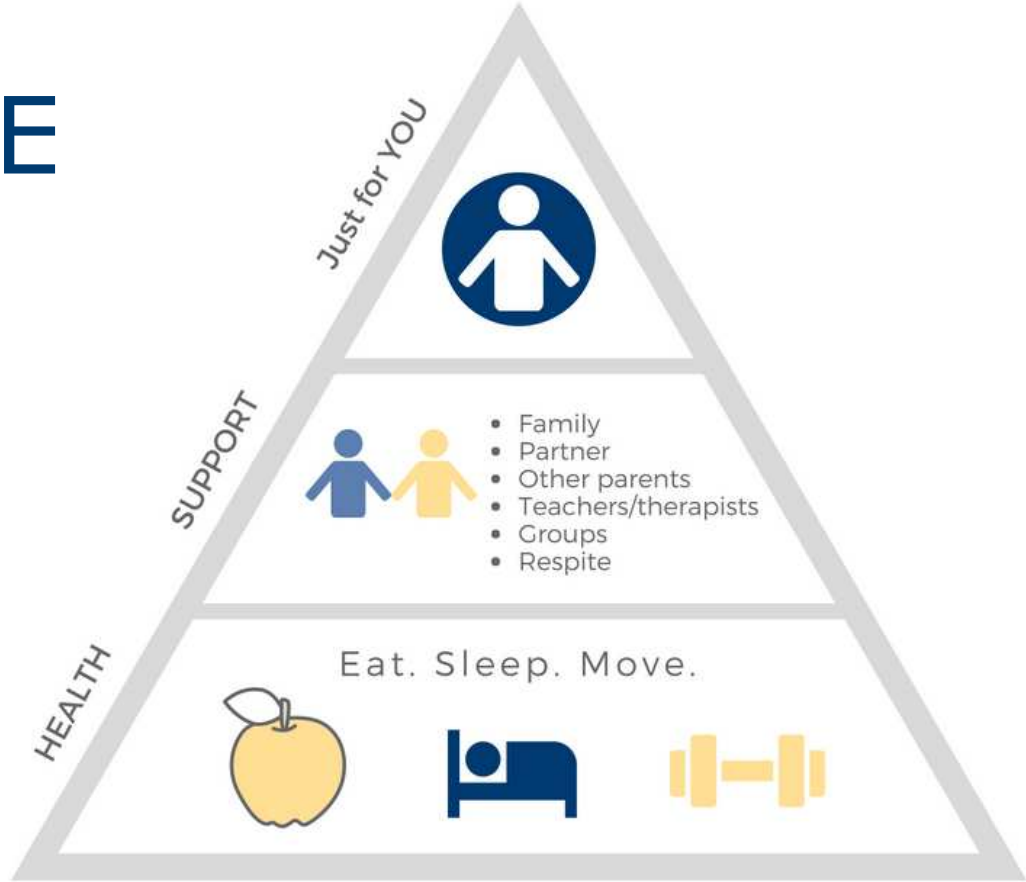
Decisions and actions we take to enhance all aspects of our **health and wellbeing**.



Maslow's Hierarchy of Needs

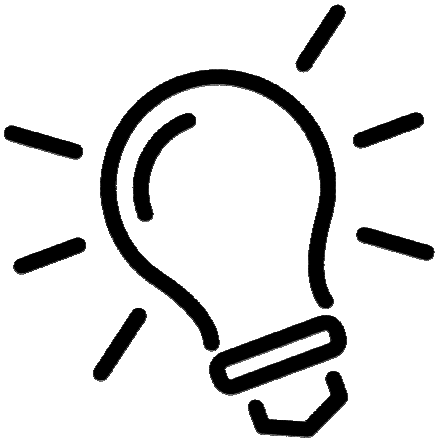
"How can I do self care?"

SELF CARE PYRAMID



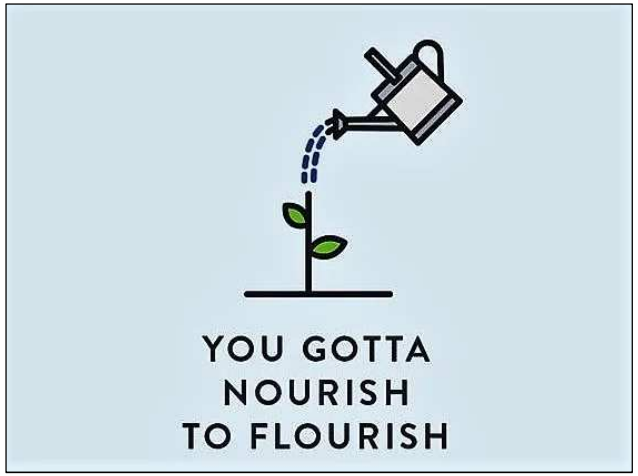
TIPS

1. **Schedule** self care/ respite, then schedule another
2. **Guilt -Free**
3. Ask for and **accept help**
4. Take regular **breaks**
5. Find your **tribe**
6. Prioritize **your time**
7. **OK to say NO** to extra responsibilities
8. **OK to cancel plans** or appointments
9. Small things add up- it's a **process**



Activity

Do you Remember What **YOU** Like to Do?



Activity

What does Self Care Look Like For **YOU ?**

1. _____

2. _____

3. _____

4. _____

5. _____

Mind and Body

Body:

- Friends
- Respite
- Breaks
- Exercise
- Creativity
- Nature

Mind:

- Journal
- Meditation
- Mindfulness
- Gratitudes

SELF CARE MENU

SECONDS

- Take a break while walking around the car after putting the kids in their car seats
- Turn your phone off
- Moment of silence
- Congratulate yourself on doing something small
- Savor the moment when something good hapens
- Wear your favorite perfume

MINUTES

- Burn a candle
- Have a cup of tea or coffee
- Take 10 deep breaths
- Quick meditation or prayer
- Put music on (and dance?)
- Stretch
- Call someone you love
- Conversation with a friend
- Give a compliment
- Write a thank you note
- Buy some flowers
- Go outside!
- Create relaxing morning routine
- Do something creative
- Go for a walk
- Mini pamper session.sheet masks
- Bubble bath/hot shower
- Unplug from technology for an hour
- Social media break
- Make your favorite meal
- Order out dinner
- Try a new, healthy recipe
- Write down 5 things you are thankful for
- Heat up buckwheat neck pillow in microwave

HOURS

- Declutter a space/clean
- Watch your favorite movie again
- Read a good book
- Take a nap
- Get a massage
- Yoga
- Date night (in or out) with partner or friends
- Have an intense workout session

LONGER

- Try a new hobby or restart an old one
- Try something new!
- Therapy
- Mindfulness, meditation

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Brainstorm self care for you

1. _____
2. _____
3. _____
4. _____
5. _____

Resources

- AutismUp
- Levine Autism Center (formerly Kirch)
- Family Navigators- Levine, Jewish Family Navigator
- Parent to Parent of NYS
- Family Autism Center/ Camp Puzzle Peace/ Managing Autism Together Today
- Starbridge
- Future Cares
- Upstate special needs support group
- In the Driver's Seat
- OPWDD (Office for People With Developmental Disabilities)

App recommendations

- Calm
- Stop, breathe, think
- Smiling Mind
- Pacifica
- Happify
- Gratitudes

References

Baker-Ericzen, M.J., Brookman-Frazee, L., & Stahmer, A. (2005). Stress levels and adaptability in parents of toddlers with and without autism spectrum disorders. *Research & Practice for Persons with Severe Disabilities*, 30, 194-204.

Bromley, J., Hare, D.J., Davidson, K., & Emerson, E (2004) Mothers supporting children with autistic disorders: Social support, mental hea.th status and satisfaction with services. Autism, 8(4), 409-423.

Gallagher & Whitely, 2013; Lovell, Moss, & Wetherell, 2012; Resch, Benz & Elliott, 2012 For more complete citation, see references from Article #9 of lit search "Social support and mastery influence the association between stress and poor physical health in parents caring for children with developmental disabilities."

Lee et al. 2009; Osborne et al. 2008. For more complete citation, see references from Article #55 of lit search "Emotional Disclosure Through Journal Writing: Telehealth Intervention for Maternal Stress and Mother-Child Relationships."

Mugno, Ruta, D'Arrigo, & Mazzone, 2007; Weiss, 2002. For more complete citation, see references from Article #12 of lit search "Interventions that target improvements in mental health for parents of children with autism spectrum disorders: A narrative review."

Whitney, R. V., & Smith, G. (2015). Emotional disclosure through journal writing: Telehealth intervention for maternal stress and Mother–Child relationships. *Journal of Autism and Developmental Disorders, 45*(11), 3735-3745. doi:10.1007/s10803-014-2332-2

RRCASD

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  Telephone:(855) 508-8485

Drawing!

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312268
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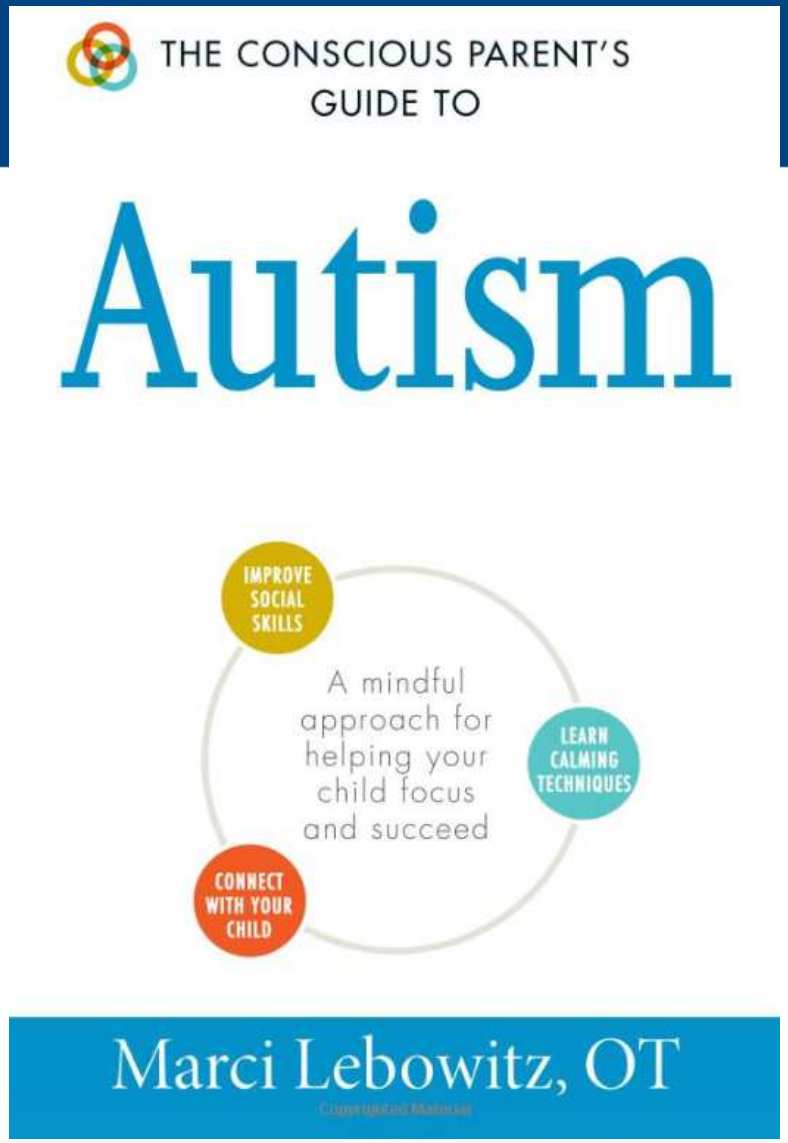
THE CONSCIOUS PARENT'S GUIDE TO
Autism
IMPROVE SOCIAL SKILLS
A mindful approach for helping your child focus and succeed
LEARN CALMING TECHNIQUES
CONNECT WITH YOUR CHILD
Marci Lebowitz, OT

Developmental and Behavioral Pediatrics

Please Join Us for the

Skirboll Family Autism Conference

Strong Museum of Play
Saturday, June 9, 2018
8:00 a.m. - 12:00 p.m.

- Information sessions with national experts
- Parent panels, workshops, and more!
- Free admission
- Spanish and ASL interpretation requested

Visit https://is.gd/skirboll18 to register today!

NYSRCASD — New York State Regional Centers for Autism Spectrum Disorders
AUTISM SPEAKS ATN Autism Treatment Network

Questions?

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Questions

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