## 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 happens
- 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
Tips for Professionals

Authentic partnership

Natural power

- Families as experts

- Emphasizing growth and independence

Collaborative decision-making and goal planning

Promoting authentic voice

• Includes a setting where families feel comfortable speaking up

How often is the decision already made when the family walks in the room?
Resources

Manualized parent training for disruptive behavior:
https://www.rubinetwork.org/

Autism Speaks Toolkits: https://www.autismspeaks.org/tool-kit

Mindfulness resources:
- www.stopbreathethink.org
- www.guilford.com/MBCT_audio
- https://palousemindfulness.com/index.html (Online Mindfulness Course)
- 10% Happier podcast
Mindfulness Apps

Stop, Breathe, Think
Sanity & Self
Calm
Headspace
Simple Habit
Smiling Mind
liberate
Medicine of the Highest Order