



Feeling weary? Schedule time out...

Do you wish for ‘me time’ but feel like you’ll never get it? What would your response be if your child said they were ‘too busy’ to play? Hopefully, you would encourage them to let something go so that they could enjoy the benefits of being more active and engaging their imagination. Too often, mums and dads make sure everyone else is well cared for but forget just how important it is that they’re getting the care they need too. The guilt monster pokes up his head and the outcome can be yucky if overwhelm leads to low moods or crankiness.

Looking after you is one of the keys to caring for your family

Close your eyes and just imagine... *if you had 30 minutes this week to do something you would like, that would make you feel more vibrant and content, what would you choose?* How would it feel afterwards? Do you think you’d like to do it again?

Something tells me that checking Facebook, cleaning the loo or folding the laundry is not what came to mind for you. So, what was it? Reading a book? Playing tennis? Spending time with a close friend? Doing some craft? Going to the gym? Watching a movie? The options are endless and everyone will choose something different; your ideal 30-minute activity is part of what makes you unique.

Take the 30-minute challenge

Remember that feeling you had a moment ago when you pictured yourself doing your ideal activity? Hang on to the feeling because it’s going to help you take this next step. Look at your calendar for the week ahead and mark out two time slots to spend 30 minutes doing what you love. If you like, you can even combine the two sessions and steal away for a whole hour! It’s not impossible! But, you will have to do what it takes...ask for help to look after the kids, ignore the dishes for a day, possibly say “No” to something else and if necessary, get up 30 minutes earlier to fit it your ‘me time’.

Self-care time is **health and wellbeing time**. Model self-care this week and each week hereafter for the sake of your family.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

©Bare Hands 2015

- ✓ Self-care isn’t selfish, it’s smart!
- ✓ Show your family how to recognise their individual limits and stay within them.
- ✓ Take the 30 minute challenge this week and recharge your batteries! You’ll be so glad you did.

“Caring for myself is not self-indulgence, it is self-preservation...”

Audre Lorde



Encouraging women to develop and enjoy dynamic family relationships is Laurie’s special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.

Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women