

2024

A photograph of a woman and a young child running together in a grassy field. The woman is on the left, wearing a denim jacket, a white top, and dark pants. She is smiling and holding the child's hand. The child is on the right, wearing a light blue polo shirt and jeans. The background is a soft-focus green field.

BUILDING RESILIENCE: A SELF-CARE GUIDE FOR PARENTS

Free Downloadable Workbook

Jennifer HENDRICKS-FOGG

Content

- 01 INTRODUCTION
- 02 ASSESSING YOUR NEEDS
- 03 SETTING ATTAINABLE GOALS
- 04 CREATING A ROUTINE
- 05 BUILDING IN FLEXIBILITY
- 06 ENLISTING SUPPORT
- 07 MONITORING PROGRESS & CELEBRATING SUCCESS
- 08 LEVERAGING TOOLS & RESOURCES
- 09 RESOURCES PAGE
- 10 CONCLUSION



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WELCOME TO SELF-CARE FOR PARENTS



CERTIFIED SPECIAL NEEDS LIFE
QUALITY COACH

JHF

Thank you for joining me today. As parents, we often find ourselves juggling numerous responsibilities—managing household tasks, coordinating activities for our children, and balancing work commitments, all while trying to maintain some sense of personal well-being. It’s a joyful time in life, but it can also stretch our limits, sometimes leaving us feeling depleted.

This is why self-care is not just a luxury—it is essential. Today, I want to share practical steps and strategies that can help us, as parents, create and sustain a self-care routine that supports our mental, physical, and emotional health. My goal is for each of us to leave here not just with a plan, but with the motivation to implement it. Because taking care of yourself is not just about surviving; it’s about thriving, enabling you to enjoy these precious moments with your family to the fullest.

So, let’s get started and explore how we can build resilience through a tailored self-care plan that adapts to our unique needs and life circumstances.

INITIAL QUESTIONS TO CONSIDER BEFORE STARTING:

How do you currently manage your self-care?

What are your biggest challenges currently?

ASSESSING YOUR NEEDS

Where in your life do you feel you may be neglecting your own needs?

PHYSICAL

- Exercise
- Nourishing Foods
- Rest/Sleep
- Hydration
- Time Outdoors
- Other

EMOTIONAL

- Expression
- Healthy Coping
- Being Present
- Mindset
- Self-Compassion
- Other

SOCIAL

- Support Network
- Time With Partner
- Engaging in Hobbies
- Practicing Kindness
- Meeting Friends
- Other

Reflection Questions:

What area do you find yourself neglecting most in terms of self-care: physical, emotional, social?

What is one thing you can commit to – even if it is small – to start a DAILY self-care practice or habit?

Download an app to help you track your wellness if this feels overwhelming to you.



Need some ideas? Check out the resources page of this workbook.

SETTING ATTAINABLE GOALS

Use this SMART template to fill in a goal you have related to self-care:

Specific	
Measurable	
Achievable	
Relevant	
Timely	

Reflection Question:

List 5 steps (no matter how small) that you can take to improve your level of self-care:

01

02

03

04

05

CREATING A ROUTINE

Use the space below to brainstorm daily practices that you feel would be beneficial, accessible, and attainable.

Daily Practices:

Do the same for weekly goals - something you can do every _____ (day of the week) to make your week go smoother. Example: Meal prep healthy breakfasts for the week on a Sunday

Weekly Practices:

Need some ideas? Check out the resources page of this workbook.

BUILDING IN FLEXIBILITY

Use this table to give some thought to how you can be flexible when things don't go exactly as you planned them. Use this first column for primary activities and the second column for what a back-up plan could be if something changes.

Primary:

Back-Up:

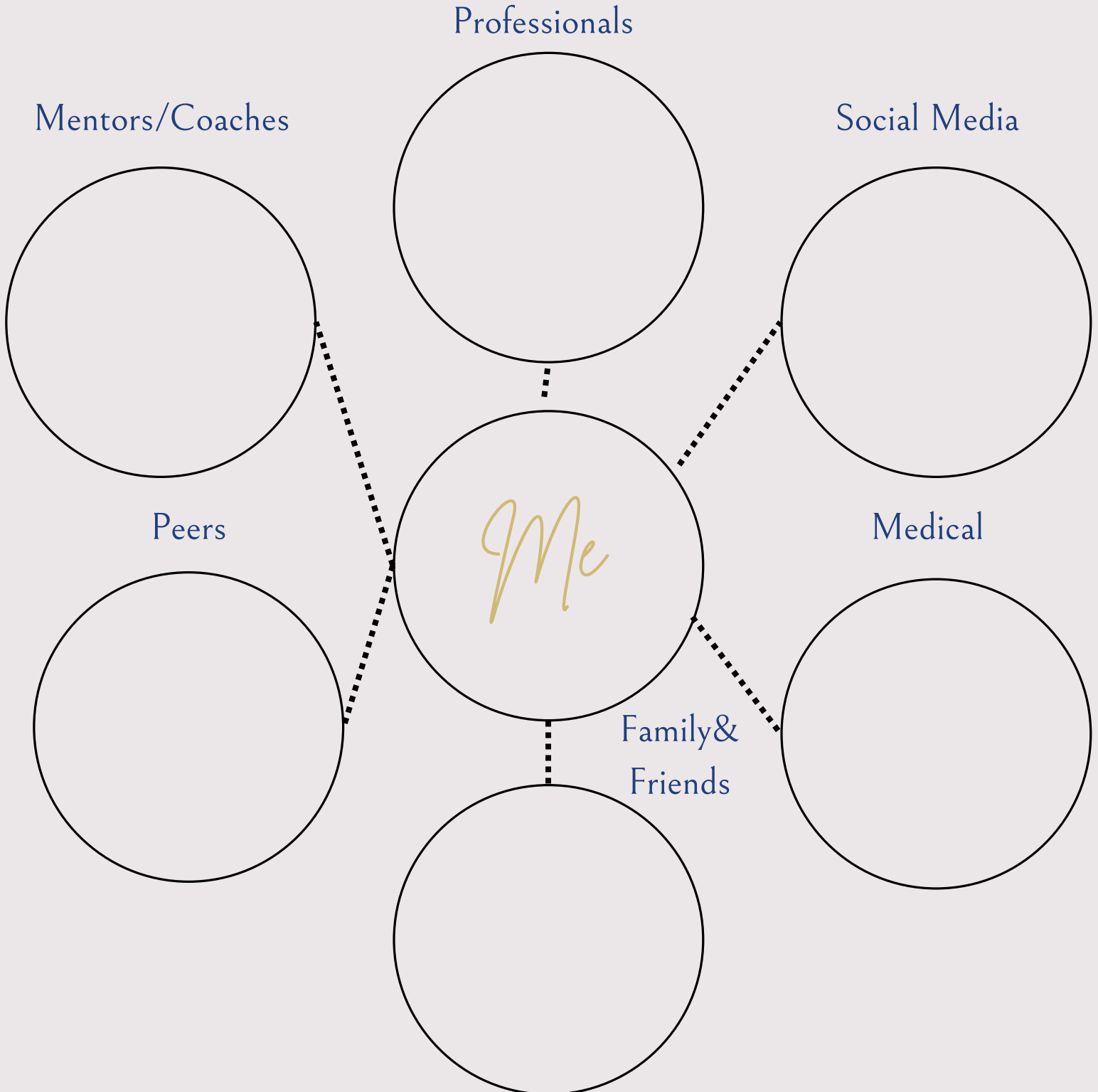
Reflection Questions:

How can you adapt your self-care plans to unexpected changes?

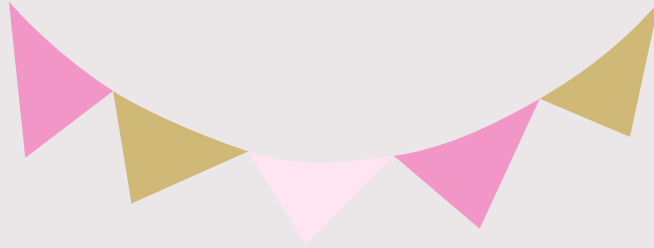
How often should you review and adjust your goals?

ENLISTING SUPPORT

Fill in this map to see where you have support and where you need to work on getting support. Added bonus? Color code it so your in-person support is represented in one color and your online or virtual support is represented in another.



MONITORING PROGRESS & CELEBRATING SUCCESS



Write down 5 ways you could celebrate achieving your self-care goals:
(TIP: some small celebrations and 1-2 BIG celebrations you can save for huge achievements)

01

02

03

04

05

If you are old school and prefer to log successes on pen/paper as opposed to an app – check out the monthly calendar tracker on the next page. Print it out and hang it on your fridge or somewhere you can see it everyday.

RESOURCE CHECKLIST

In a perfect world - place a check next to all the places/areas in your life that you feel like you could use help or support. From there, create a checklist of the top 5 priority resources that you will add to your network over the next month. Check them off as you find a resource and initiate a connection with them.

- | | | |
|---|---|---|
| <input type="checkbox"/> Advocacy | <input type="checkbox"/> Household Chores | <input type="checkbox"/> Relationship to Spouse |
| <input type="checkbox"/> Medical | <input type="checkbox"/> Meal Prep | <input type="checkbox"/> Time with Friends |
| <input type="checkbox"/> Education/School | <input type="checkbox"/> Exercise | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Transportation | <input type="checkbox"/> Work/Business |
| <input type="checkbox"/> Programs | <input type="checkbox"/> Financial Support | <input type="checkbox"/> Respite Care |
| <input type="checkbox"/> Benefits | <input type="checkbox"/> Getting Rest & Quality Sleep | <input type="checkbox"/> Mental Health |

PRIORITY RESOURCE CHECKLIST:

		(Area of Life)		(Resource Contacted)
		(Area of Life)		(Resource Contacted)
		(Area of Life)		(Resource Contacted)
		(Area of Life)		(Resource Contacted)
		(Area of Life)		(Resource Contacted)

JEN'S RESOURCE LIBRARY

Here is a list of some of my favorite resources.

Please feel free to utilize them and let me know if you discover any favorites!

Wellness & Fitness Apps & Trackers

1. MyFitnessPal – www.myfitnesspal.com
2. Fitbit – www.fitbit.com
3. Headspace – www.headspace.com
4. Strava – www.strava.com
5. Apple Health – Built into iOS devices
6. Calm – www.calm.com
7. Nike Training Club – www.nike.com/ntc-app
8. Garmin Connect – connect.garmin.com
9. Noom – www.noom.com
10. Daily Yoga – www.dailyyoga.com
11. MapMyRun – www.mapmyrun.com
12. Peloton – www.onepeloton.com
13. JEFIT – www.jefit.com
14. Zwift – www.zwift.com
15. Sworkit – www.sworkit.com
16. Adidas Running by Runtastic – www.runtastic.com
17. Freeletics – www.freeletics.com
18. The Mirror – www.mirror.co
19. Endomondo – www.endomondo.com
20. Polar Beat – www.polar.com/beat

Online Virtual Support

1. Parenting.org – www.parenting.org
2. BabyCenter – www.babycenter.com
3. Mumsnet – www.mumsnet.com
4. Parents.com – www.parents.com
5. Family Lives – www.familylives.org.uk
6. Empowering Parents – www.empoweringparents.com
7. CafeMom – www.cafemom.com
8. Dad's Divorce – www.dadsdivorce.com
9. Mothering – www.mothering.com
10. Parent Toolkit – www.parenttoolkit.com
11. Parenting Special Needs Magazine – www.parentingspecialneeds.org
12. The Mighty – www.themighty.com
13. Hand in Hand Parenting – www.handinhandparenting.org
14. Additude – www.additudemag.com
15. Your Parenting Mojo – www.yourparentingmojo.com
16. Single Moms Planet – www.singlemomsplanet.org
17. Talking Parents – www.talkingparents.com
18. Anxious Toddlers to Teens – www.anxioustoddlers.com
19. Zero to Three – www.zerotothree.org
20. National Parent Helpline – www.nationalparenthelpline.org

THANK YOU!

10

I invite each of you to commit to your self-care journey. Start by setting one attainable self-care goal today and share it with a partner or friend for accountability.

Whether it's scheduling a daily 10-minute walk, joining a support group, or simply ensuring you drink enough water, every small step is a step towards a healthier, more fulfilled you.

Together, let's make this life not just manageable but enjoyable, with renewed energy and optimism.



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