

Strong Parents, Stable Children: Building Protective Factors to Strengthen Families



Take Care of Yourself

We tend to think of a couple as one unit, but individuals within couples remain just that – individuals. How good or how bad partners feel and how well they care for themselves will affect their relationship. For example, if one partner is under a lot of stress, he or she might not be as patient. Or if one partner had a really good day at work, he or she might be more upbeat. When we handle stress well, it makes us healthier and happier. It also helps us be better able to take good care of others.

What are some things you do to take care of your own needs – to make you feel good?

What are some hobbies you have that you enjoy doing alone?

What activities do you do with others that make you feel good?

What is it about the activities you enjoy (alone or with others) that makes you feel good?

Activity you want to do:	When can you do it? Are there better or easier times of the day and week to do this?	Is this something you prefer to do alone? Or is it something you can do with others? Who?
1.		
2.		
3.		
4.		
5.		

*Stress makes it difficult to pay attention to our needs and the needs of others.
Take time to care for yourself so you can care for others.
Put on your own oxygen mask first!*