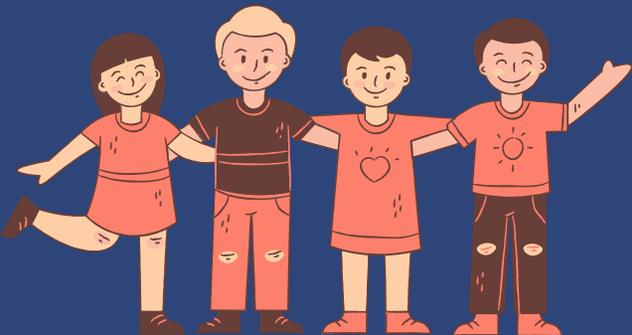


WANT THE BEST FOR  
YOUR CHILDREN

You already are  
the best!!!

Don't forget to  
take care of  
yourself!

SJSU  
HEALTHY  
DEVELOPMENT  
COMMUNITY  
CLINIC



# PARENTAL SELF-CARE

BY:  
ANGELA WANG

# 5 Reasons Why Parental Stress Management is Important

Benefits parents' emotional well-being

Children stress and well-being

Effects on children's social cognition

Interactive effects on children

Children's internalizing behavior

# Parental self-care



5 Minutes Mindfulness Meditation



Practice Your Favorite Hobbies



Have Some Healthy Meals



Go for a nature walk/hike



Listen to music

