

How can parents practice self-care when stuck inside?

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I am here because I am
passionate about mental
health and how we each find
a way to live out of our best
selves... even as parents
during unprecedented times.



Amy Grosso, PhD



**Your worth is not
based on how you
parent during a
pandemic.**





**“We can’t
direct the
wind, but we
can adjust
the sails”
-Dolly Parton**



What have you done in the past...



- Girl's night out

- Date night

- Long hot bath

- Blogging

- Go to the gym

- Time alone

- Pedicure



Now adjust the sails



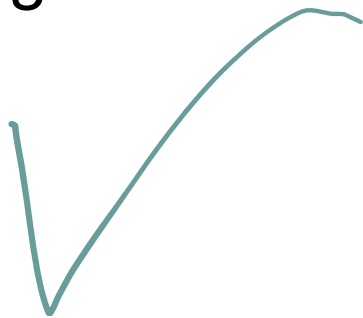
- Girl's night out

virtual

- Date night

in
plan

- Long hot bath



- Blogging



- Go to the gym

create gym

- Time alone

look for privacy

- ~~▪ Pedicure~~



**What if this “self-care” really
doesn’t feed us?**

**What if this self-care was
just another thing to do?**

**How many times a day do I
focus on what I “should” be
doing?**



Self-care is valuing your own feelings and thoughts, despite knowing that you may let other people down. It means being able to tolerate other people's disappointment and trust that it is not a moral failing on your part.

-Pooja Lakshmin, MD





Holistic wellness

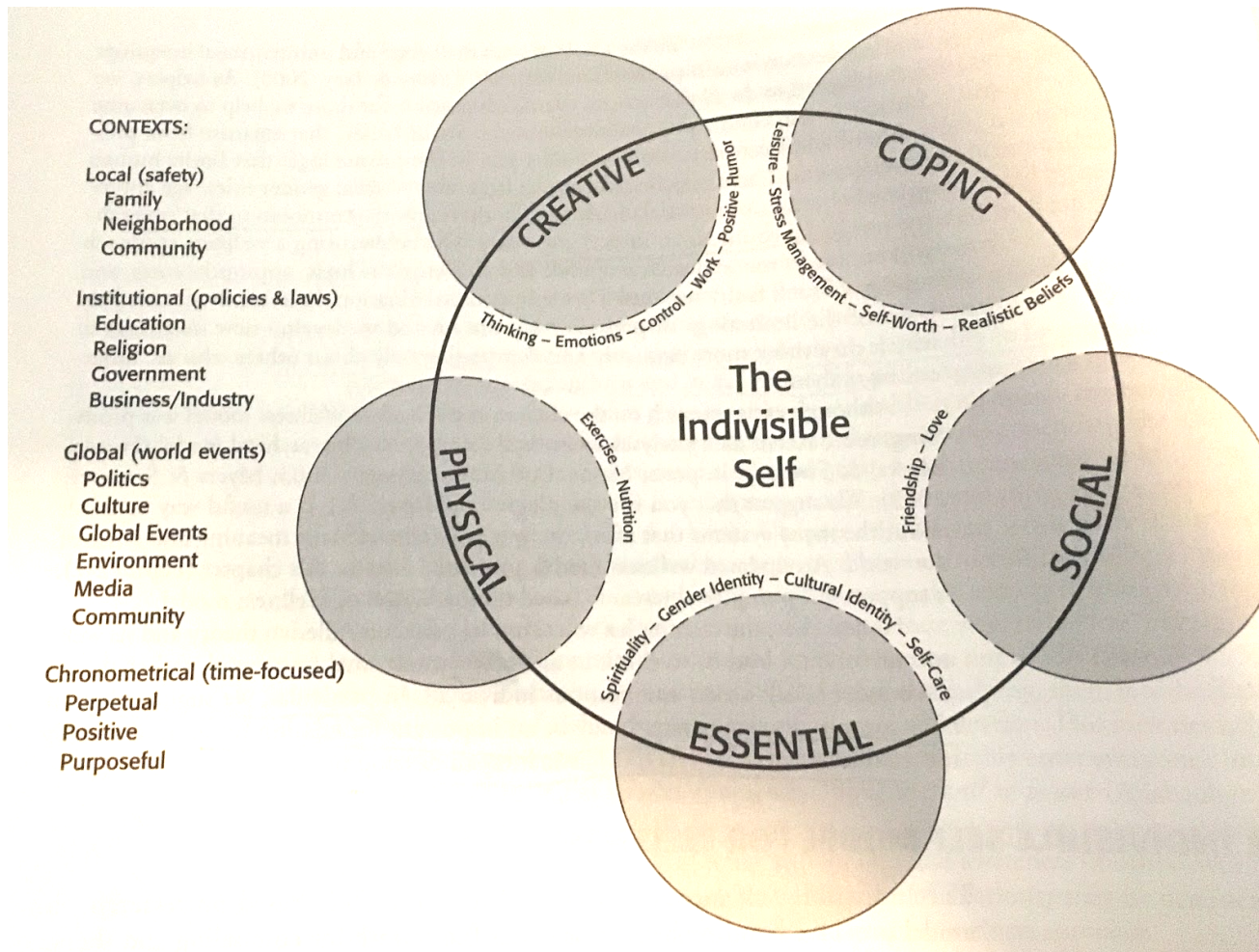
Wellness seeks more than the absence of illness; it searches for new levels of excellence.

- Greg Anderson

Amy Grosso, PhD

Indivisible Self Model of Wellness

By
Jane Myers, PhD &
Tom Sweeney, PhD

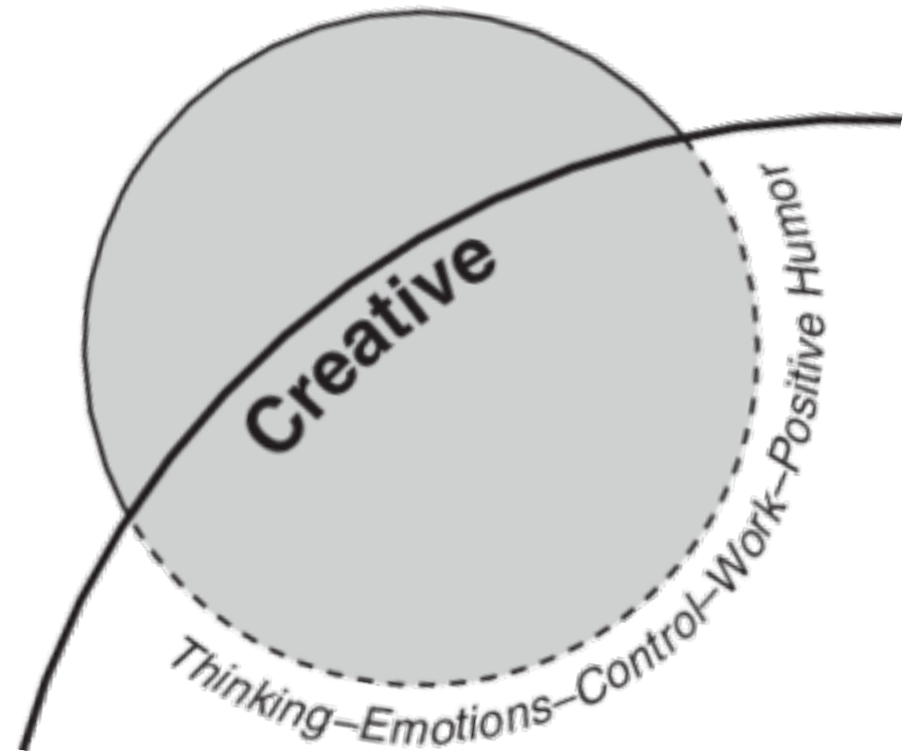


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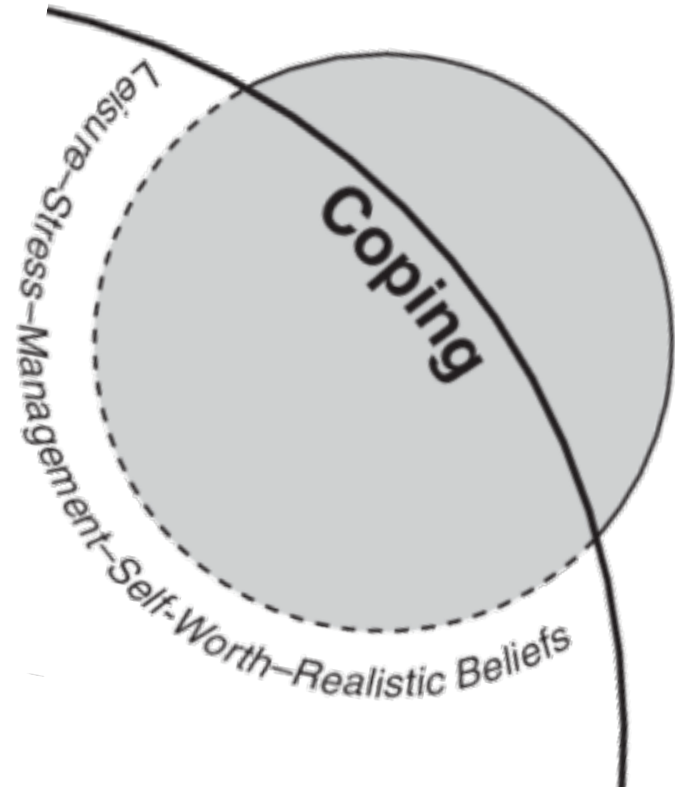
Creative Self

- Thinking
- Emotions
- Control
- Work
- Positive Humor



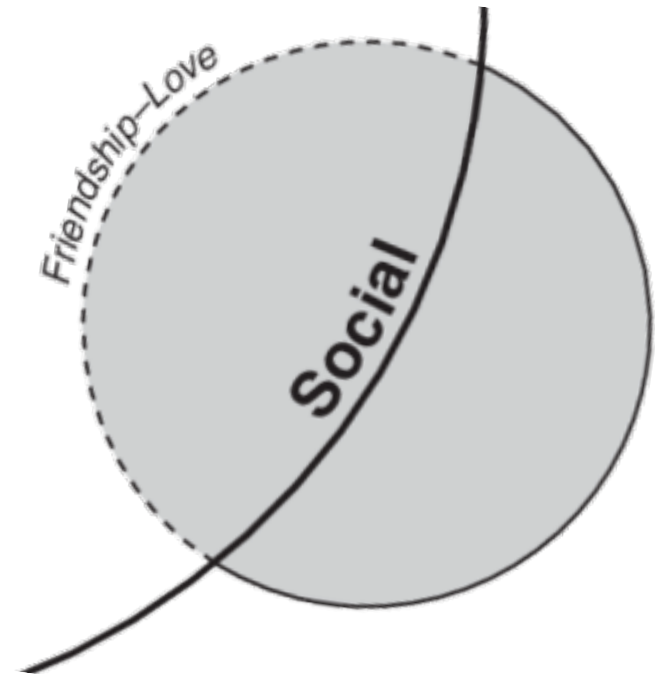
Coping Self

- Leisure
- Stress Management
- Self-Worth
- Realistic Beliefs



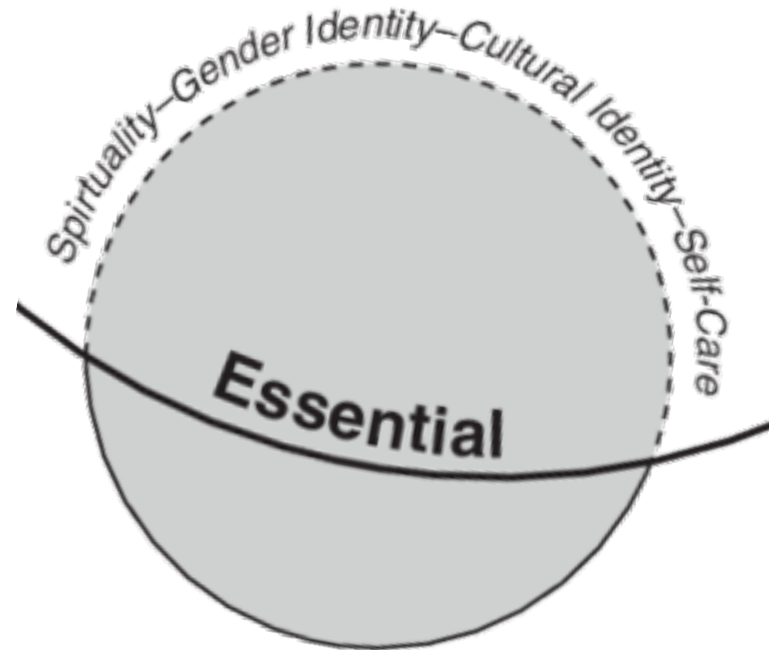
Social Self

- Friendship
- Love



Essential Self

- Spirituality
- Gender Identity
- Cultural Identity
- Self-Care



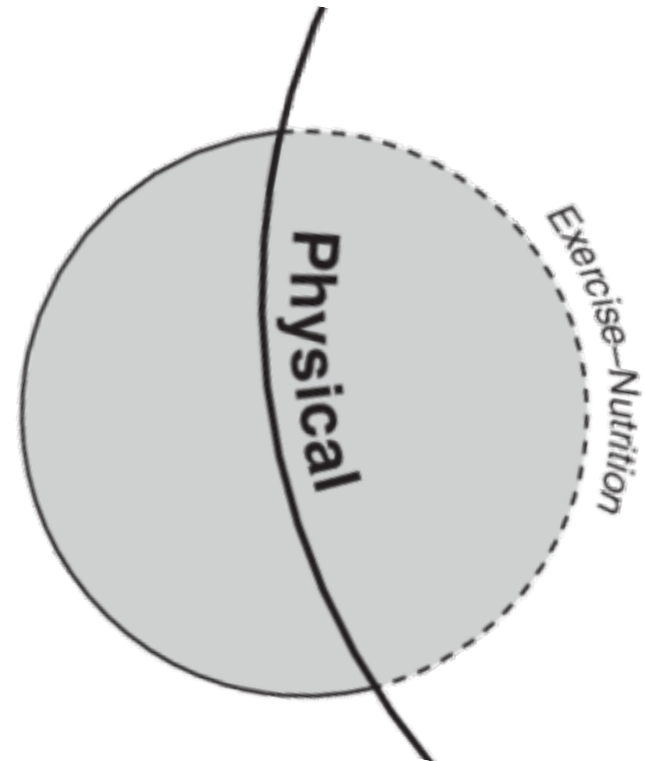
Physical Self

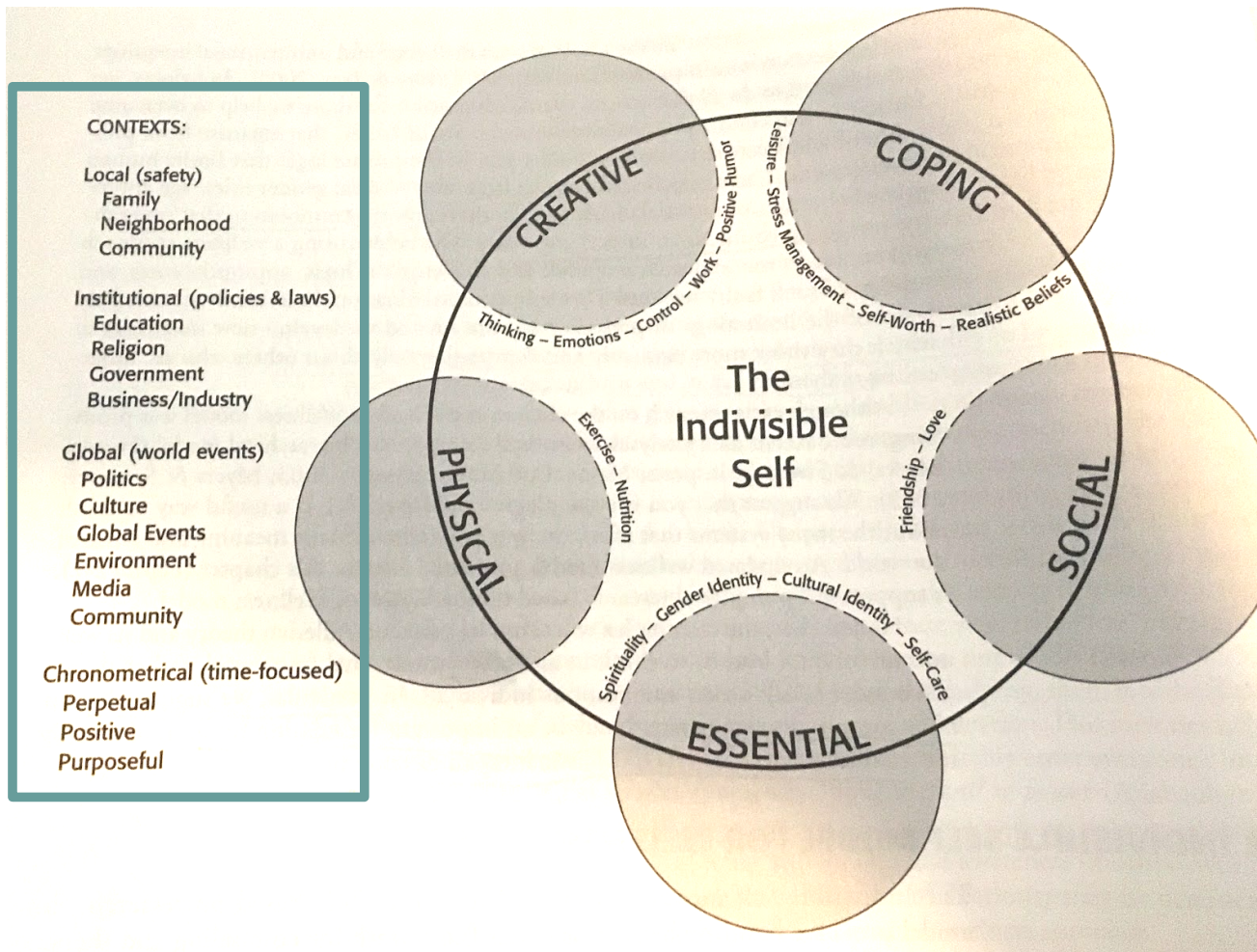
- ~~Exercise~~

Moving your body

- ~~Nutrition~~

Feeding your body





Indivisible Self Model of Wellness

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Jane Myers, PhD &
Tom Sweeney, PhD



Daily reminders

- Manage your expectations of yourself
- Acceptance is key
- Focus on what is in your control
- Self-care is not selfish
- You are worth the effort





**We delight in
the beauty of
the butterfly,
but rarely
admit the
changes it has
gone through
to achieve
that beauty.**

-Maya Angelou



It is ok to not be ok, ask for help

- Round Rock ISD Behavioral Health Resource Guide
- 833-986-1919
 - THHS COVID-19 Mental Health Support Line
- 1-800-273-TALK
 - National Suicide Prevention Lifeline
- Text 741-741
 - Crisis Text

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