

PARENTAL WELLNESS

As a parent, it's important to spend time for yourself. The benefits of me time are abundant and help boost wellness in parents and their kids. Give yourself permission to plan alone time. Whether it's 2 minutes or 2 hours, enjoy your break and come back refreshed, ready to tackle new challenges and to dispense love and joy from a place of abundance.

Fill out the bubbles, sized to represent relative time commitment, with activities that bring you joy.



**SELF
CARE**

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