



Post Adoption Resource Center Newsletter Oakland & Macomb Counties

Taking Care Of Yourself

Orchards
Children's Services

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There is so much to juggle in our every-day lives, IEP meetings, sports, homework, school schedules, work, dishes, laundry, therapy appointments, the list is never ending. Not to mention emergencies and curveballs that are constantly thrown your way. Caring for children can be overwhelming— Caring for traumatized children especially. You might be starting to feel like feeling drained or overwhelmed is your new normal. So when a well-meaning friend looks at you with concern and says, “Take care of yourself!” It is understandable that you might want to laugh, cry or punch someone.(hopefully not the last one). **If you have this reaction when someone tells you to take care of yourself, it probably means that you haven’t had enough time to do it!**

The notion that it’s that easy to make time for self-care is laughable, especially for busy parents. The truth is, there is no instant fix for this. It is not going to be easy to incorporate time for yourself into your schedule. However-- **it is worth doing.** There are small things you can do daily, weekly or monthly to start making yourself a priority, even if it doesn’t seem like it now. It can be as small as



listening to an audiobook in the car, or as large as planning a trip. It’s really up to you. Before we can get you ready to start adding some care for yourself to your routine, we first need to understand what the barriers are that might be keeping you from dedicating regular time to self care NOW, after all if these barriers weren’t there this wouldn’t be an issue. Take a moment to think about your routine, what are your responsibilities? What does your schedule look like. Keep that in mind as you read on.

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”

- Deborah Day

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Post Adoption
Resource Center
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PARC-orchards.org



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Taking Care of Yourself (continued)

Outward Focus

Barriers to Self-Care

Busyness

Devoting more time and energy to others' needs than your own. Most of your time is spent taking care of pets, partners, kids and friends. You enjoy taking care of others and the thought of asking for your own time, seems unnatural to you.

Working harder and longer to ensure that everything gets done. You're 'to-do' list is never-ending. You are the classroom volunteer, the office mother, and the neighborhood helper. You have a hard time relaxing. There is too much to do!

Uncertainty and Denial

Minimizing

If someone wanted to help you make your life more manageable would you be able to tell them where you need the help? You know something is missing, you know you are starting to pour into others from an empty vessel, but —where to start? Or maybe you feel like you shouldn't need support.

How could you complain or expect more time for yourself when natural disasters, wars, famine and other terrible occurrences in the news remind you that someone else is going through a harder time? It can cause you to feel guilty because you might feel that your trauma pales in comparison to others.

Do any of these sound like you? Do all of them sound like you? Most parents can identify with these barriers. Especially parents that have adopted children who may have special needs, or that have been through trauma. Now that we understand what the challenges are, what can you do?

Keep things simple/Say No- If you have found that your routine is TOO MUCH or TOO BUSY, it might be time to re-evaluate what activities you can do without. It is also important to incorporate taking care of yourself into that routine, even if it means you don't volunteer to bring three dozen cookies to the bake sale, or to lead a group at your church. Keep your routine as simple as possible, and say NO when possible!

Give yourself permission to need something- It is okay to ask for help. Often times those that are most willing to help others have the hardest time accepting help for themselves. It does not mean that you are weak or incompetent, it is part of a healthy family life. When you start to feel drained or tired, it is ok to ask for a break, recharge and then come back at 110%.

Self-care is a skill that you can practice and get better at over time. It's up to you to decide what good self-care looks like. Maybe it's a weekly date night with your spouse, a cooking class, a bi-weekly coffee date with a friend, or reading a book. Maybe it's spending 20 minutes a day journaling or simply giving yourself the time you need to take a bath. We've provided you with a blank self-care plan on page 4. Include small, realistic goals in the Daily column, and some others that can be done weekly or monthly. Cut out your self-care plan and hang it up where you can see it as a reminder of what you are working towards. The important thing here is to have a quick reminder for yourself of things you can take care of yourself. Talk with friends and family about the importance of your goals and see if they can help. Perhaps you can trade nights out with another couple, or you and your spouse could trade personal time. The barriers keeping you from good self-care now are not going to go anywhere, but there are adjustments that can be made and small steps that you can take now to start prioritizing yourself and your well-being.

Free Activities for Families in Wayne Oakland and Macomb Counties!

- ◆ Do you have a library card? If so, make sure you check out the **Michigan Activity Pass!** The pass is free of charge and can give you free or discounted admission into many different parks, museums and attractions around Michigan. (**Wayne, Oakland and Macomb**)
- ◆ Check your local library for free events, classes, and special summer programming. (**Wayne, Oakland and Macomb**)
- ◆ Home Depot provides free building activities for kids on one Saturday per month. (**Wayne, Oakland and Macomb**)
- ◆ Go geocaching (basically treasure hunting using GPS) (**Wayne, Oakland and Macomb**)
- ◆ Visit one of our State's beautiful parks (free with **Michigan Activity Pass**) (**Wayne, Oakland and Macomb**)
- ◆ 'Park it! Family Fun Night' takes place during the summer months in **Wayne, Oakland and Macomb** counties. Check their schedule when the weather gets warmer for free movies in the park. (www.parkitforfun.com)
- ◆ Sign your child up to bowl for free all summer long! Visit www.kidsbowlfree.com, to sign up and find locations in **Wayne, Oakland and Macomb** counties.
- ◆ Have some fun at your local splash pad. (Some splash pads require a fee, the following locations are free: Farmington Hills, Plymouth Township, Warren, Clinton Township, Canton, Hamtramck, Redford Township, Dearborn Heights, Woodhaven, Detroit, Brownstown Charter Township) (**Wayne, Oakland and Macomb**)
- ◆ Visit the Detroit Institute of the Arts, admission is free for residents of **Wayne, Oakland and Macomb** counties with a valid drivers license or ID card. (**Wayne County**)
- ◆ Enjoy time splashing around the jet fountains at the Partridge Creek Mall in Clinton Township. (**Macomb County**)
- ◆ Schedule a visit at Morley Candy Factory for a free tour! (**Macomb County**)
- ◆ Hunt for fairy doors in Northville, print out a free 'fairy path map' from www.northvilledowntown.com (**Oakland County**)
- ◆ June through July, Bass Pro Shops offers a free 'Family Summer Camp'. Thursdays, Saturdays and Sundays you can participate in crafts and activities for free. (**Oakland County**)
- ◆ Visit the Holocaust Memorial Museum. (free admission for 2 with the **Michigan Activity Pass**) (**Oakland County**)
- ◆ Take a free tour of the historic Meadowbrook Mansion in Rochester. Tours are free the last Friday of every month. (**Oakland County**)
- ◆ Visit the beautiful Cranbrook Gardens in Bloomfield Hills. (**Oakland County**)
- ◆ The Cranbrook Institute of Science offers Free First Fridays! Visit on the first Friday of every month for free science-y wonders! (**Oakland County**)



Seven Lakes State Park

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Free Activities for Families (continued)

- ◆ Take a walk around the beautiful and historic Mill Race Village in Northville. **(Wayne County)**
- ◆ Visit the Detroit River Front and the fountains outside the GM Renaissance Center. **(Wayne County)**
- ◆ Take a trip to the Outdoor Adventure Center in Detroit. Admisson is free on Wednesdays. **(Wayne County)**
- ◆ Check out the GM Renaissance Center, tours of the building are free Monday-Friday at 12pm and 2pm. **(Wayne County)**
- ◆ Walk through the Anna Scripps Whitcomb Conservatory and the Dossin Great Lakes Museum on Belle Isle in Detroit (free park entry with the **Michigan Activity Pass**) **(Wayne County)**
- ◆ Visit the Charles H. Wright Museum of African American History on the second Sunday of the month. **(Wayne County)**
- ◆ Check out Miliken State Park and sit down for a picnic under the lighthouse. **(Wayne County)**
- ◆ Go to the Belle Isle Aquarium (free park entry with the **Michigan Activity Pass**) **(Wayne County)**



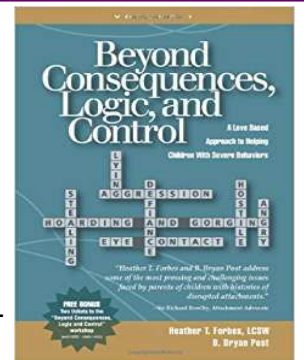
Miliken State Park



Create Your Own Self-Care Plan
 Monthly/Weekly Self-Care
 Daily Self-Care

Therapeutic Parenting Training

Trainings based on the book
'Beyond Consequences'



Session 1— Intro to child trauma, Stress Model, chronological vs. emotional age

MACOMB Session 1— 07/10/18 6:00 p.m.-8:00 p.m.

Session 2— Negative and positive repetitious conditioning, postive and negative feedback loops

MACOMB Session 2— 07/24/18 6:00 p.m.-8:00 p.m.

Session 3— How trauma memories are store; Change from reactivity to responsibility.

MACOMB Session 3— 08/07/18 6:00 p.m.-8:00 p.m.

Session 4— Mind/body connection, improving regulation

MACOMB Session 4— 08/21/18 6:00 p.m.-8:00 p.m.

Session 5— How the brain impacts stress and behaviors; Integrating the whole brain for healing.

MACOMB Session 5— 08/28/18 6:00 p.m.-8:00 p.m