



## Recharging Your Batteries

*Handout*

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Your energy supply is dwindling. How might you begin to recharge?

Answer the following questions for valuable insights into ways that you might recharge your batteries.

- 1) How do you care for yourself each day?
- 2) What activities give you renewed energy?
- 3) What activities calm you?
- 4) If you had 15 minutes each day, what could you add to your routine to renew your spirit?
- 5) Pre-kids, what did you do to relax? Can you do something similar?
- 6) Make a list of quick relaxers and put them in a conspicuous place for all to see.

Recharging may be as simple as...

- Positive self-talk (“We can do this, we can do this...”)
- Reading a chapter from a favorite book (not the whole book)
- Taking a bath and lighting a candle
- Take a few minutes for prayer or meditation
- Having a focused conversation (or e-mail) with a friend
- Attending one support group meeting
- Doing any amount of exercise that you can sneak in
- Learning something new
- Relax your housekeeping standards
- Have dad, grandma, or some other trusted caregiver play with your child while you take a long shower, paint your nails, or read a magazine. Even if they are still in the house, a short physical



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and mental break can help you feel refreshed

- Make sure you eat lots of healthy snacks throughout the day. If your energy is drained, lack of proper nutrition is sure to make things worse. Keep a fresh veggie tray in the fridge for you (and your family) to snack on. Always have quick things like seeds, healthy cereal bars, cheese sticks, hard boiled eggs, etc. on hand for a quick pick-me-up. Fruit smoothies can also give you an energy boost.
- Sleep when your child sleeps. Take naps when your child is napping. If your child isn't napping, then incorporate a "quiet time" where you and your child read books quietly together.
- Get a hobby and incorporate it into your daily routine (ex: If you love to cook, have dad watch the kids while you try out a new recipe for dinner).