

NM Prader-Willi Syndrome Project

JUNE 2021

Hi everyone,

I hope you're enjoying the warm weather and the days are looking **brighter** for you and your family.

"Self-care" has become a buzzword, and while many of us can get behind the idea of it, we often think it's a luxury that we can't afford. If we believe that self-care is important for our wellbeing and helps us be better versions of ourselves for those around us, then why don't we practice it? I think sometimes we get used to our hectic lives and convince ourselves we don't need it. Or we think we'll get to it when things slow down. But you owe it to yourself to make time for self-care, even if that's just 10 minutes a day.

You deserve it.

Turn the page for some self-care practice ideas from the PWSA's Self-Care for Caregivers video. Check out the **Prader-Willi Syndrome channel on YouTube** to watch informational videos, webinars from experts in the field, and personal testimonials from families. All for free!

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Move Your Body:

- * Exercise releases endorphins and can reduce stress
- * Increases energy and boosts mood
- * Family bike rides, playing tag, going for walks, roller-skating, swimming, dancing... anything that makes you happy!

Do What You Love:

- * Reflect on what things you enjoy the most
- * Schedule time to do these things weekly

Find Your Tribe:

- * Everyone needs a support system
- * Spend time with family and friends
- * Build your community through Facebook, local disability organizations, or religious organizations

Mindfulness:

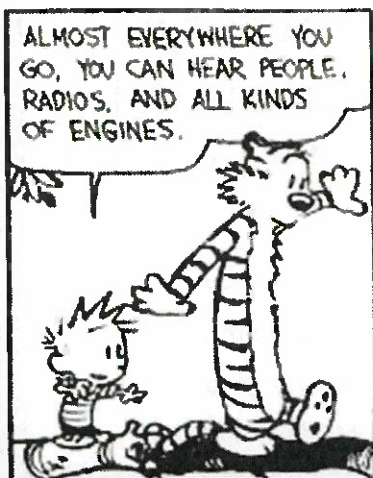
- * Practice being in the present moment
- * Some useful and free apps are Aura, Buddhify, Calm, and Headspace

Counseling:

- * Improves self-esteem and increases emotional regulation
- * Can provide relief from depression and anxiety symptoms
- * Most health insurances provide coverage for counseling

Learn Something New:

- * Keep growing as a person by developing your own interests
- * Gain confidence and decrease stress levels
- * Potential to build new relationships



WHEN YOU'RE ACTUALLY CONFRONTED WITH THE STILLNESS OF NATURE, IT'S KIND OF STARTLING.

