

Tips for Parents: Self Care

Remember self care and the emotional wellbeing of you and your family during this time. Some tips for coping with anxiety include mindfulness and meditation: check out [Headspace for free](#). Exercise, in many forms, continues to be more important than ever: See this [HelpGuide](#) for ways to sneak movement into your routine and pair exercise with technology. Another [Self Care Guide](#) recommends taking breaks from the media. Consider professional counseling: teletherapy has never been more accessible in terms of provider availability and costs. Contact your doctor for a referral, or call [Genesee Health System](#) at 810-257-3740 to connect with a therapist.

Happiness Chemicals and how to hack them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment 
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising 