

Parent Tip Sheet

Charging Your Batteries

Making a plan is the key to managing fatigue and stress. When you have a **clear goal** about what you want to do, and a plan about how you are going to make it happen, **you will be more likely to do it.**

On the next page is a space for you to write a plan for 'Charging Your Batteries' this week. To write your plan, think about the following:

1. Write down one thing you can do more of or do differently.
2. Think about what you need to do to make it happen.

Here are some examples of goals and plans to 'charge your batteries'.

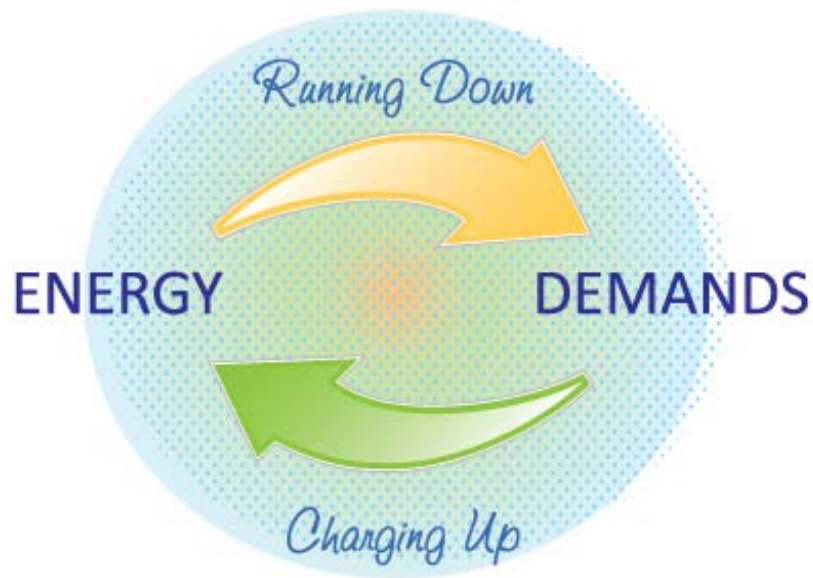
Strategy	Example Goals	Possible Plans
Taking time out for self	To catch up with friends weekly	Organise a regular time with friends to catch up without the kids. Negotiate a time with a family member to look after the kids.
Helpful thinking	To practice helpful self-talk at a stressful time (e.g. getting reading in the mornings)	Try to be more aware of when I am getting stressed in the mornings. Take some time (not in the morning) to identify what my unhelpful thoughts are. Ask myself some questions to challenge and change this unhelpful thinking into more helpful things I can say to myself in the mornings. Put these on the fridge in the morning. Remind myself to look at them.
Sleeping better	To go to bed at 10pm every night	Do relaxing activities and be restful from 9pm. Begin bedtime routine (brush teeth etc) at 9.30pm. Be in bed by 10pm.
Keeping Active	To go for a 30 minute walk at least 3 times a week	At the beginning of the week, think about what days will be best to go for a walk.
Healthy eating	To eat a healthy lunch every day	Go shopping to make sure I have things for a quick healthy lunch.

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Your Plan for 'Charging Your Batteries'



YOUR GOAL
For
Charging Up

- What do you need to put in place to make it happen?

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