

# SELF CARE FOR SPECIAL NEEDS PARENTS

*A WBFN WEBINAR*

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Avoid burnout and chronic stress in the current situation

# Overview

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## TODAY'S CONVERSATION

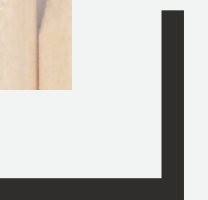
Why self care?

What is it really?

How? I have no time

Rescue mindfulness practices

Resources and Questions





But, first let's...

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**Breathe**

# I'm Magüi [ma-wee]

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**MINDFULNESS COACH FOR  
PARENTS OF SN KIDS  
and mum to Adrian, who is 9  
and has ASD**

I support YOU, the parent, to a more fulfilling, kinder and clearer parenting and life journey.

**Less stress.**

**More wellbeing.**

**Better connection.**





# Why Self Care?

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You can't give what you don't have  
Presence + Attention - you either give it or not

It's your responsibility

The parenting stakes are high

We are modelling it for our kids

Emotional self-awareness a crucial life skill

# What is Self-Care?

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**BEYOND THE ACTIVITY**



Mindset



Reconnecting to YOU



Not another to do



# How?

**I HAVE NO TIME!!**



## **Prioritise**

"Emotional Lighthouse"  
How do you want to feel?



## **Adjust expectations**

"Accept + Adapt"  
Fit it around your life



## **Self care minimum**

Be kind to yourself  
Mind your inner dialogue

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**BUT WHAT ABOUT MY KIDS' NEEDS?**

*Nothing happening in your life is a reason to abandon yourself.*

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# *Rescue Mindfulness for Busy Parents*

## Breathe

It slows you down and helps connect with the body.

## Focus on one thing

To give your attention is the purest form of generosity.

## Do a 180

Be genuinely interested in how you relate with whatever happens.

## Be thankful for your now

For the simple things and share it with your family.



# Reconnect

Do you feel depleted? Disconnected from your own wellbeing? In need of some sustainable and simple nourishment? Get my FREE audio series on establishing a self-care habit when you **think** you don't have time for it!

GET THE AUDIO SERIES

FREE 4-part audio series on establishing a self-care habit  
available for download at: [www.mindfulautismmama.com/free](http://www.mindfulautismmama.com/free)

**WHAT IS THE ONE SELF CARE PRACTICE YOU CAN DO EVERY DAY?**



**Questions?**

**Comments?**