

TAKING CARE OF YOU



Self-care is not always easy, however, taking care of you can help you to manage daily activities and to feel your best. Consider the ideas below to better support your well-being.

EMOTIONS AND SUPPORT

Be kind to yourself and focus on your strengths, abilities and interests.

Make time each day just for you. Deep breathing and meditation can help with relaxation and mindfulness.

Connect with others, including a supportive partner, family or friends, to create your social support. Places of worship and community programs also help to connect with others.

Accept and ask for help from others. Lean on others for help, including meals, child care or chores, such as laundry or cleaning.

Try a free family support hub like the [EarlyON Child and Family programs](#) to connect with other families with young children.

Reflect on your feelings. Write them down in a journal or text yourself. Consider talk therapy (e.g., cognitive behavioural therapy, such as our Public Health [Transition to Parenting](#) program).

Talk to a health care professional or contact 1-855-310-COPE (2673) if you feel overwhelmed or not able to manage. You can also text 1-855-310-2673 or connect by live chat at cope.yssn.ca

SLEEP

Make sleep a priority. Aim for 7-9 hours total and try to have a consistent bed and wake-up time.

To help your sleep:

- Limit or avoid caffeine after 2 p.m. or about nine hours before your usual bedtime
- Keep your bedroom setting dark and relaxing
- Avoid screen use 30-60 minutes before bedtime

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/parenting

MOVEMENT

Break up periods of sitting. To help limit sitting for long periods, stand when you talk on the phone or set a reminder on your phone to move every hour.

Limit recreational screen time to no more than three hours per day. Incorporate screen time with movement, such as stretching while watching TV.

Include a total of 2½ hours or more of moderate to vigorous activities each week, such as a brisk walk, bike riding or jogging.

Participate in light physical activities, such as taking a leisurely walk, stretching or doing light housework, to help keep you moving every day.

Incorporate muscle strengthening activities two times each week or more, such as shoveling, doing push-ups, using resistance bands or lifting weights.

Find an activity you enjoy. Connect with nature and take a walk or hike on one of [York Region's trails](#).

Join a parent group or recreation program, such as stroller walking, yoga or dance classes. Check out the [calendar](#) for [EarlyON Child and Family programs](#) to find a Zumbini or Baby Move and Groove class near you.

Listen to your body. Take breaks or stop and rest if you feel unwell. Get medical attention if needed.

Talk to your health care professional if you have any safety or health concerns.

NOURISHMENT

Get to know [Canada's Food Guide](#). It now has information on meal planning and cooking, including recipes.

Follow your body cues and honour your feelings of hunger and fullness.

Drink water and follow your thirst cues. For flavour, try adding frozen berries, sliced lime or cucumber.

Take time to eat and eat without distractions. Focus on enjoying and savouring your food.

Plan meals and snacks a few days or a week in advance, to help save money on groceries.

Aim to make half of what you eat vegetables and fruit and enjoy plant-based foods like bean salad, lentil soup, hummus, nuts and seeds often.

Make snacks convenient by storing foods like boiled eggs, cut vegetables and fruit in the fridge.

Cook once, eat twice. Double recipes to freeze or use leftovers in different ways, like using leftover cooked chicken to make chicken salad.

Read the % Daily Value on the Nutrition Facts Table to know if a product has a little (less than 5% Daily Value) or a lot (more than 15%) of a nutrient.

While there is no special diet if you are breast/chest feeding:

- **Avoid high mercury fish** like fresh or frozen tuna, swordfish, pickerel, shark or orange roughy. Choose **lower mercury fish**
- **Limit caffeine** to no more than 300 mg per day (about two 250 mL or 8 oz cups of coffee). Consider all **sources of caffeine**, including coffee, tea (black, oolong, white and green tea), soft drinks, energy drinks, chocolate and herbs, such as guarana and yerba mate
- **Some herbs and herbal teas may not be safe.** Talk to your health care professional. Herbal teas, such as citrus peel, ginger, orange peel and rose hip are considered safe in moderation



FOR MORE INFORMATION

Connect with a registered nurse via **Health Connection** at **1-800-361-5653** or live chat at york.ca/NurseChat to get support, including to make an appointment with a registered dietitian.

For online information on [mental health and well-being](#), visit york.ca/parenting

Visit food-guide.canada.ca or unlockfood.ca for information on nutrition and eating well; for information on feeding babies and young children, visit york.ca/FeedingKids and york.ca/breastfeeding

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QUICK MEALS AND SNACK IDEAS

Breakfast

- **Banana nut smoothie:** Blend one cup (250 mL) milk of your choice, one frozen banana, one teaspoon (5 mL) vanilla and two tablespoons (30 mL) peanut butter
- Frozen blueberries and sunflower seeds on plain hot **oatmeal**
- Yogurt with **granola** and diced fruit
- Any **leftovers** from the previous day
- **Guacamole:** Mix one mashed avocado with ¼ cup (60 mL) **pico de gallo** or diced red onions and tomatoes (with added lime juice and garlic powder to taste). Spread on whole grain toast

Lunch and dinner

- **Bean** or **chickpea** salad and fruit yogurt
- Cottage cheese with fruit and a **bran muffin**
- **Peanut butter** and sliced banana sandwich
- **Salad** with boiled egg or sliced meat
- Egg, **chicken**, **salmon** or **tuna** salad sandwich and pepper strips
- Beef **vegetable stew** with cheese and crackers
- **Lentil dhal** or **soup**, naan and vegetable sticks
- Chicken or **refried bean quesadillas** with a green salad
- Vegetable **frittata** or **mini omelettes** with whole grain toast
- French toast topped with yogurt and berries
- **Tacos** made with canned black beans topped with lettuce and cheese
- Bean and **vegetable chili** with whole grain toast
- **Quick chickpea pasta**

Snacks

- **Trail mix** with nuts, seeds and dried fruit
- Vegetable sticks or pita with **hummus** or tzatziki
- **Apple slices with nut butter**
- Fresh fruit and vanilla or plain yogurt
- Banana bread with almond or seed butter
- Whole grain **cereal** and milk