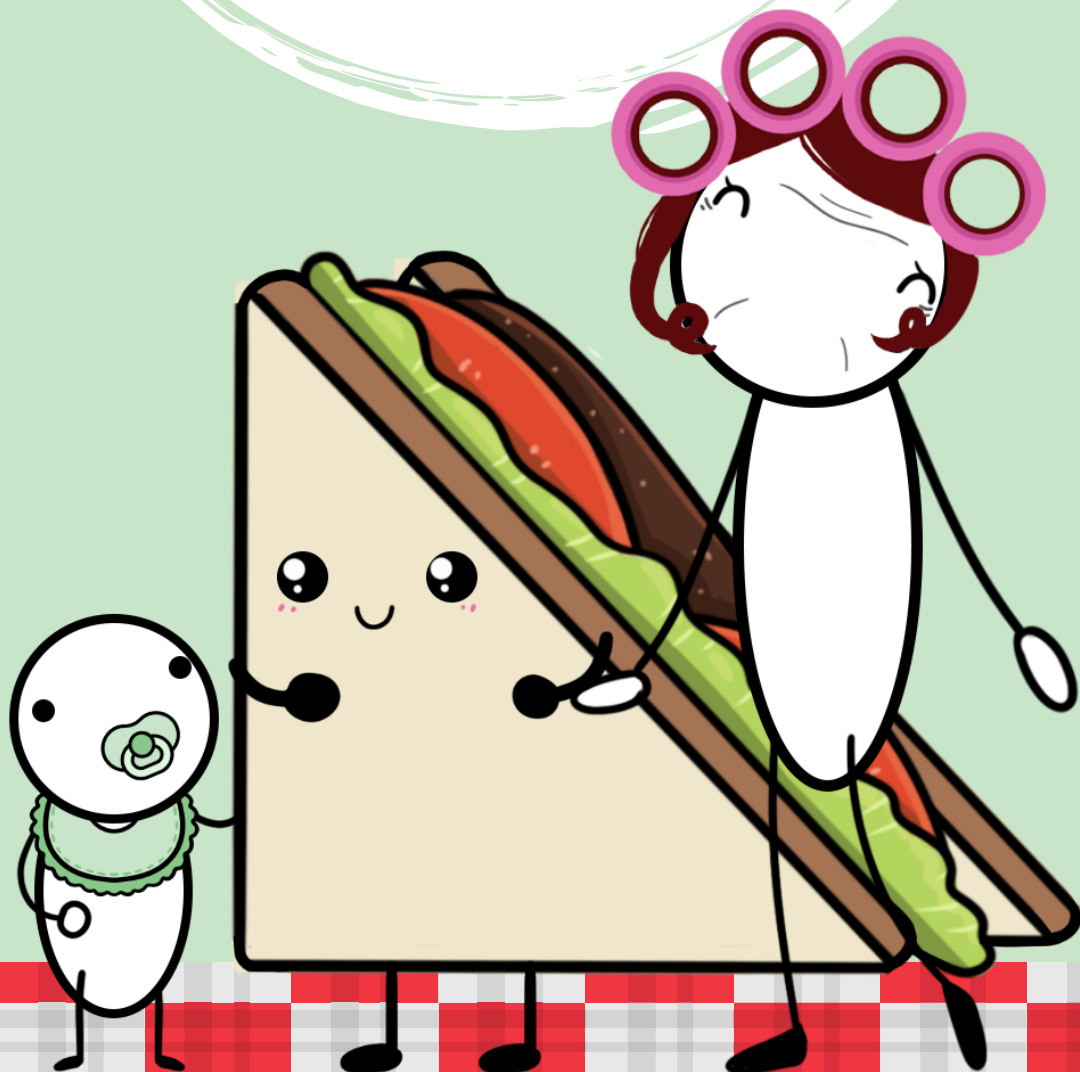


Self-Care Pack for the Sandwich Generation



You are probably in one of the hardest jobs in the world:

Caring for your kids and parents.

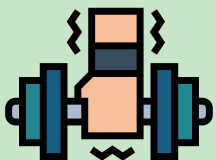
Caregiving can be physically and emotionally exhausting. Whether you are in the profession of caregiving or taking care of a loved one, it is important to remember to **recharge your batteries**.

Have you made time for yourself? Have you prioritised your own health?
Examining your own habits is the first step in developing your self-care plan.

Positive self-care strategies



- Breathing



- Exercising



- Listening to music



- Connecting with friends

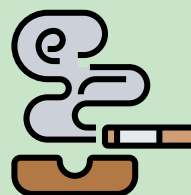
Negative self-care strategies



- Overeating



- Yelling

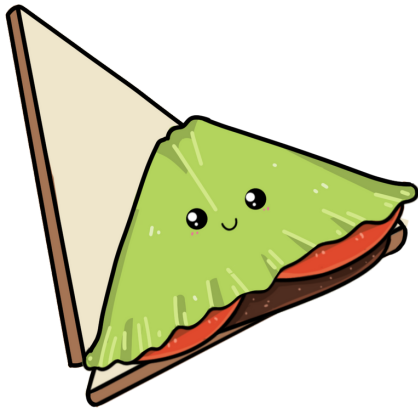


- Smoking



- Withdrawn from activities

Let's walk into your 'inner' world!



We can't give what we don't have.

Self-care has to start with having the self-awareness that we need to take care of ourselves.

Self-awareness gives us a chance to tune into what we are feeling, what we need and how we can best care for ourselves. The only way to know if you are taking care of yourself is by making time to focus on yourself, ask questions and truthfully accept where you are at.

What do I think about myself?

What stresses me out?

What things do I value in life?

What makes me tired?

What am I doing about the things that matter most in my life?

What relaxes me most?

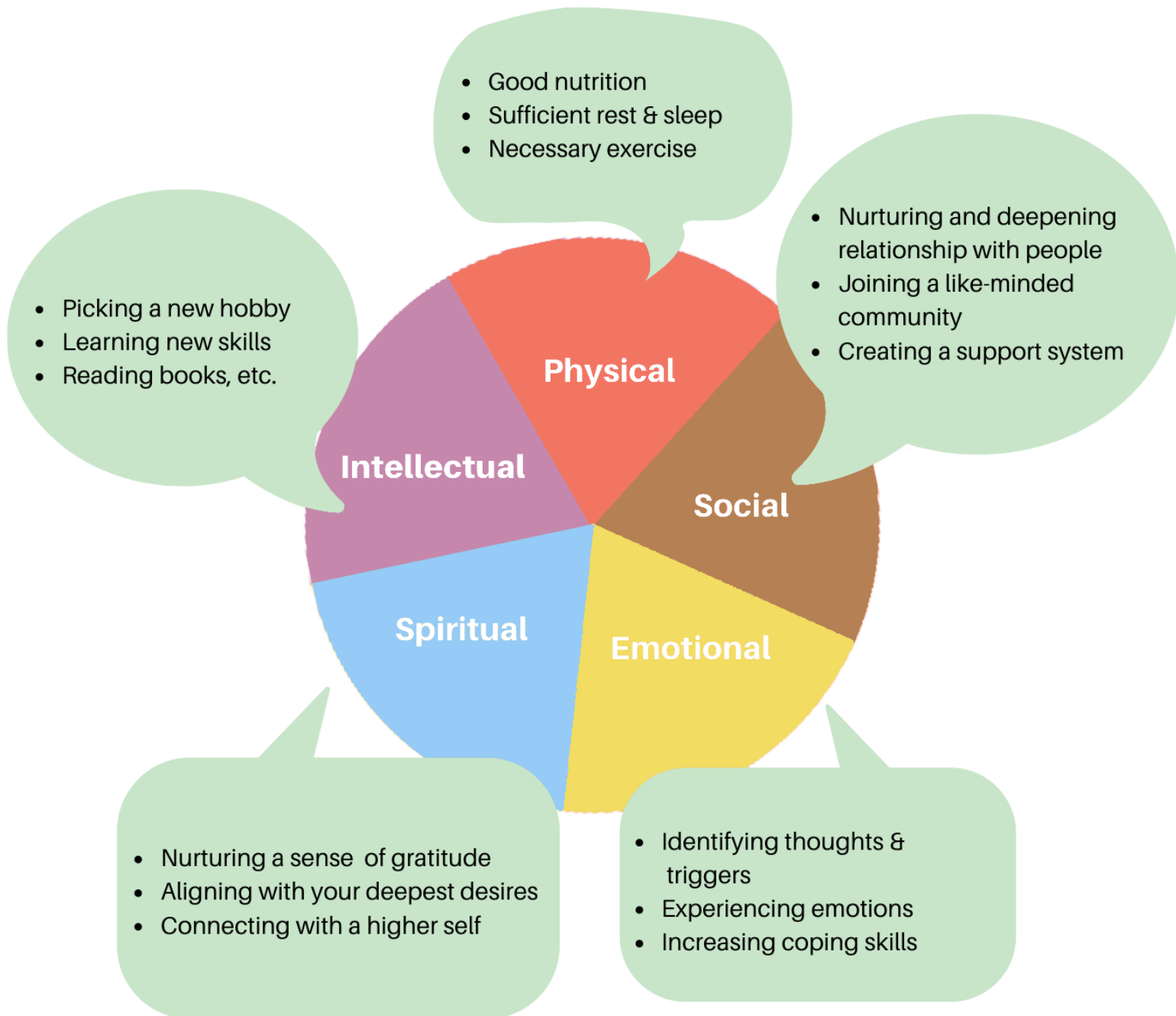
How am I connecting with the important people in my life?

What brings me joy?

How am I taking care of myself physically?

What am I most thankful for?

Dimension of Self-Care



What are you doing for each aspect of self-care?

You can use the table below to help you determine which areas need more support.

Area of Self-Care	Current Practices	Practices to Try
 <p>Physical</p>		
 <p>Social</p>		
 <p>Emotional</p>		
 <p>Spiritual</p>		
 <p>Intellectual</p>		

Gratitude

Sometimes we don't have moments that inspire a lot of appreciation.

The good news: Incorporating gratitude is easier than you think. All it takes is getting **intentional** about your daily "I'm grateful for..." practice —and doing it in a way that works for you.

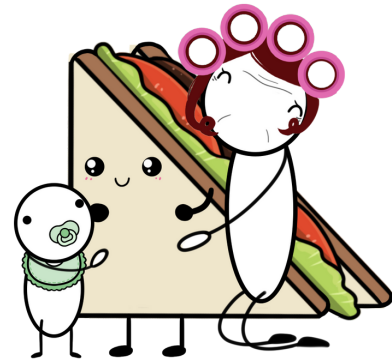
Here's a simple exercise ...

Three things I am thankful for:

1. _____
2. _____
3. _____

People who have helped me:

1. _____
2. _____



One thing that I look forward to:

Need more ideas?

We rounded up this handy list of self-care ideas you can turn to, with an effort to **#supportlocal** businesses.

A Good Detox

PowerUp Sg
powerupsg.com

Enter **PowerUpJourney** to get \$20 off (min spend of \$69)

Put on a Face Mask

Rooki Beauty
rookibeauty.co

Free delivery on all orders

Inspired by Bloom

Flowers in Mind
bit.ly/38mFimU

Enter **carepackage20off** for \$20 off flower arrangement courses

Stretch with Your Family

Yogalah
yogalah.com.sg

Quote **YogalahJourney** for 30mins free trial (via Zoom)

Cook well, Eat well

Hungry Mummies
hungrymummies.com

Quote **Sandwich** to get 15% off private lesson

Fun with Art

Durian Square
duriansquare.com

Quote **Durian&Sandwich** for 30mins free trial (via Zoom)

***Promotion ends 31st July 2020**

Retail Therapy (Socially conscious products)

FairMarch

fairmarch.com

Enter **FairJourney** for
10% off min

Extra pair of Hands

NannyPro

nannypro.com.sg

Quote **NannySandwich**
for bundle deal

Overall Wellness

My Corner Space

Psychological services &
RestArt workshops

eugenechong@mycornerspace.com

Free 15 mins consultation at the
clinic/Zoom/phone

A Day Home Spa

RIW Spa & Accessories

riwhomespa.com

Enter **SANDWICHPACK15**
for 15% off all products

Speak with Someone

**Our Journey Counselling
and Wellness**

journey.sg

Free 15mins video/phone
consultation

Support a Cause

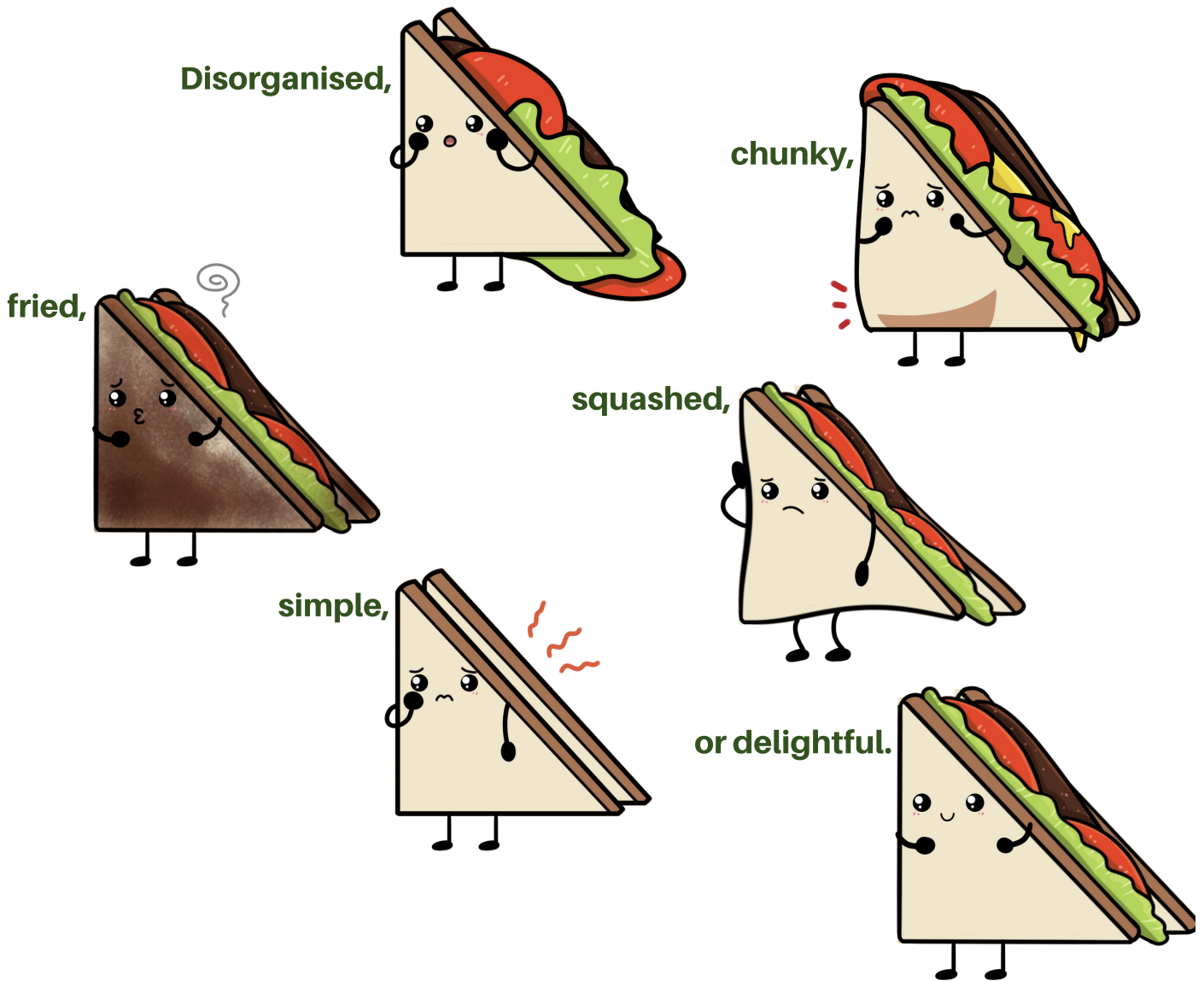
The Hidden Good

thehiddengood.com

Contribute a social impact idea
or join the hoodie community
@thehiddengood

***Promotion ends 31st July 2020**

Some days just give yourself permission to be whatever you need to be:



**Don't over-complicate things,
schedule some activities in your calendar,
take baby steps to build your own self-care routine.**

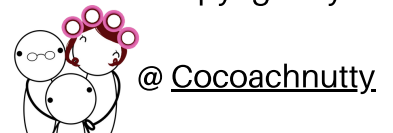
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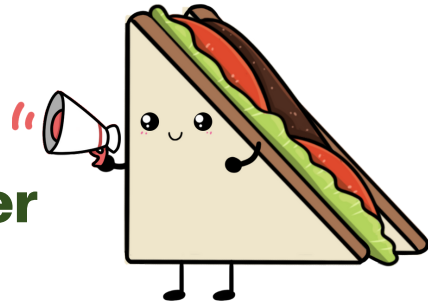
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