

April, 2006

Chicago Dept of Public Health



OFFICE OF VIOLENCE PREVENTION

# Violence Prevention E-Brief

Taking Care of Ourselves Helps Us Take Care of Our Children

## SAFE SECURE NOURISHED

### SAFE:

**Secure from harm  
and danger;  
Free from injury or risk;  
Protected**

When you feel safe, you can:

*Breathe  
Relax  
Enjoy being with others  
Actively LISTEN  
Laugh  
Rest, Sleep  
See the positive, be hopeful  
Respond, not react*

**Create some SAFE, SECURE,  
NOURISHING Space For Yourself/  
Inside Yourself TODAY...**

When you feel uptight or out of control with your children, ask yourself:

- Do I expect too much -- must they always stay clean, keep their room spic and span, stay quiet, or meet my demands immediately?
- Can they do it their way sometimes? Does it really matter or must it always be my way?
- Do they always have to act like adults? Why can't I let them be children?
- Have I talked to anyone about my feelings? Have I talked and listened to the children about theirs?
- **IT'S OK FOR PARENTS TO ASK FOR HELP**

### Tool Box for Feeling SAFE, SECURE, and NOURISHED!

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| <ul style="list-style-type: none"><li>• Meditate EVERY day for 10-30 minutes</li><li>• Learn YOGA or exercise to de-stress</li><li>• Get 7 –9 hours of sleep each night</li><li>• Add at least one serving of green vegetables to your daily diet beginning today!</li><li>• Don't drink coffee or caffeinated drinks after 2 o'clock in the afternoon!</li><li>• Laugh from deep inside you</li><li>• Do your best</li><li>• Be patient with yourself-you don't have to be perfect</li><li>• Take time (even ten minutes) for yourself</li><li>• Do positive self-talk at least twice a day</li><li>• Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful</li><li>• Be prepared to wait. A paperback can make a wait in a post office line almost pleasant</li></ul> | <ul style="list-style-type: none"><li>• Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.</li><li>• Make friends with nonworriers. Nothing can get you into the habit of worrying faster than associating with chronic worrywarts.</li><li>• Get up and stretch periodically if your job requires that you sit for extended periods</li><li>• Try letting something go—let yourself off the hook!</li></ul> <p><a href="http://www.extension.umn.edu/distribution/familydevelopment/components/7269aq.html">http://www.extension.umn.edu/distribution/familydevelopment/components/7269aq.html</a></p> |
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April is Child Abuse Prevention Awareness Month!  
**EVERYONE Can Do Something!**

