



Part 3 | Chapter 4

How Do / Cope

REVIEW CHECKLIST

To help myself cope

- Do I take a few seconds to stop, breathe, and reflect when things are difficult?
- Do I keep my expectations reasonable—for myself and for my child?
- Am I proactive and assertive about what I want for my family?
- Do I document important milestones—even the small steps—and keep a journal?
- Do I believe in the benefits my self-care has for my family?
- Do I honor and maintain a good self-care routine?
- Do I add up the positive moments, however tiny they may be?