

Personal Growth & Enrichment

Skill # 1

EMBRACE LIFE ONE DAY AT A TIME

The demands of single parenting can be endless. You can easily feel overwhelmed. To ease the pressure, focus wholeheartedly on the task at hand. Take one day at a time. You'll feel calmer, happier, and more energetic.

Try not to dwell in the past or on "what ifs." Living in the "here and now" frees you from past mistakes and regrets. It also lets you take good care of the future. Slow down and take deep breaths when you start to feel tense or rushed. Remember, you can handle anything if you take it one moment at a time.

Another idea for living in the here and now: Occasionally pause and take delight in the blessings that surround you. Enjoy the pleasure they bring to you.

Skill # 2

FOCUS ON THE POSITIVE

A positive attitude is a choice. You can decide to be happy or decide not to be happy. Look on the bright side of life. Accept the "bad" situations in your life, but choose not to let them get you down.

Focus on what you and your children are doing well. Make a list of some of those things. Then think about a problem you have recently faced. Come up with three good things you learned from that experience.

Surround yourself with positive people and absorb their good attitudes. Remember that you are in charge of your thoughts and attitudes. Give yourself "pep talks" whenever you need them. Expect things to work out for the best. And do everything you can to make it happen that way.

Skill # 3

MAKE TIME FOR YOURSELF

You feel better when you take time for yourself. You're also more fun to be with and you're a better parent, friend, and co-worker. But unless **you** take time for yourself, you won't have any. No one is going to do it for you! Don't think of it as being selfish, either. It's just smart.

Do some things just for you—take a bubble bath, hike in the woods, or read a new book. Start or end the day with some quiet, "down" time. And schedule time together just for you and your children.

We all need some time for ourselves. Be a good example to your children. Make it a point to give yourself this gift. Encourage them to follow your lead by taking some personal time here and there, too.

ACTION PLAN

Focus on one of the above skills. How could you apply this skill in your life? Choose one small but important change you really want to make in the next few days. Think positive. See yourself carrying out your goal. **Write your action plan in the space below:**



COOPERATIVE EXTENSION SERVICE: University of Kentucky & Kentucky State University

Community Connections for Children—Bluegrass Area Development District