



PARENTAL SELF-CARE -AUTOCUIDADO PARENTAL

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AGENDA

- What is self-care?
- Why it is important practice self-care?
- Self-care assessment
- Parenting Stress
- Toxic Stress Response
- Types of self-care activities
- ¿Qué es el autocuidado?
- ¿Por qué es importante practicar el autocuidado?
- Evaluación del autocuidado
- Estrés en la crianza
- Respuesta al estrés tóxico
- Tipos de actividades de autocuidado



Stress is a biological response to external or internal pressures. If the stressors are severe and persistent, stress can be considered toxic.

El estrés es una respuesta biológica a presiones externas o internas. Si los factores de estrés son severos y persistentes, el estrés puede considerarse tóxico.

Parenting includes:

Emotional overload — irritability, guilt, feeling “on edge,” or like you’re failing even when you’re doing your best.

Cognitive strain — difficulty concentrating, decision fatigue, or feeling mentally cluttered.

Physical exhaustion — disrupted sleep, chronic fatigue, tension headaches, or burnout symptoms.

Relationship friction — conflict with partners, co-parents, or family due to the constant demands.

Identity pressure — feeling like you’ve lost parts of yourself outside the parenting role.

La crianza incluye:

Sobrecarga emocional — irritabilidad, culpa, sentirse "al límite", o como si estuvieras fallando incluso cuando haces tu mejor esfuerzo.

Estrés cognitivo — dificultad para concentrarse, fatiga por tomar decisiones o sentirse mentalmente desordenado.

Agotamiento físico — sueño alterado, fatiga crónica, dolores de cabeza por tensión o síntomas de agotamiento.

Fricción en la relación — conflicto con parejas, copadres o familia debido a las constantes exigencias.

Presión de identidad — sentir que has perdido partes de ti fuera del rol de crianza.



Why it hits so hard

Several factors amplify parenting stress:

- **High expectations** — internal (“I should be patient all the time”) and external (“good parents do X”).
- **Limited support** — not enough childcare, family help, or emotional backup.
- **Work–life collision** — juggling employment, household tasks, and parenting simultaneously.
- **Child-specific needs** — developmental challenges, medical issues, behavioral concerns, or temperament differences.
- **Societal pressure** — constant comparison, especially through social media.

The key truth: **stress doesn’t mean you’re doing something wrong — it means you’re doing a lot.**

Por qué golpea tan difícil

Varios factores amplifican el estrés en la crianza:

Altas expectativas — internas ("debo ser paciente todo el tiempo") y externas ("los buenos padres hacen X").

Apoyo limitado — no hay suficiente cuidado infantil, ayuda familiar o apoyo emocional.

Colisión entre trabajo y vida personal : equilibrar empleo, tareas del hogar y crianza simultáneamente.

Necesidades específicas del niño: desafíos de desarrollo, problemas médicos, preocupaciones de comportamiento o diferencias de temperamento.

Presión social — comparación constante, especialmente a través de redes sociales.

La verdad clave : el estrés no significa que estés haciendo algo mal — significa que estás haciendo mucho.

WHY SAYING NO IS SO HARD?

- "No" se siente como una amenaza. Aunque sea solo una palabra de dos letras, tu sistema nervioso trata el "no" como un momento de posible conflicto. Conflicto = riesgo. El riesgo provoca incomodidad.

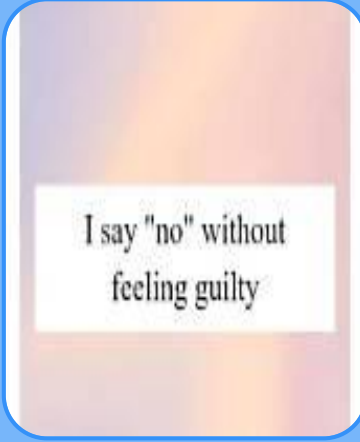
Se activan tres grandes alarmas internas:

Miedo a decepcionar a alguien — especialmente si estás acostumbrado a ser confiable, amable o el "fuerte".

Miedo al conflicto o a la reacción — tu cerebro imagina la peor reacción posible.

Miedo a ser visto diferente — egoísta, difícil, poco útil.

Estos miedos hacen que el "sí" se sienta más seguro, incluso cuando te cuesta.



I say "no" without
feeling guilty

- “No” Feels Like a Threat
- Even though it’s just a two-letter word, your nervous system treats “no” as a moment of potential conflict. Conflict = risk. Risk triggers discomfort.
- Three big internal alarms go off:
- Fear of disappointing someone — especially if you’re used to being reliable, kind, or the “strong one.”
- Fear of conflict or backlash — your brain imagines the worst-case reaction.
- Fear of being seen differently — selfish, difficult, unhelpful.
- These fears make “yes” feel safer, even when it costs you.



SELF-CARE ASSESSMENT





WHAT IS SELF-CARE?

ACCORDING TO THE WORLD HEALTH ORGANIZATION (WHO), SELF-CARE IS BEING ABLE TO PROMOTE HEALTH, PREVENT DISEASE, MAINTAIN HEALTH, AND COPE WITH ILLNESS AND DISABILITY WITH OR WITHOUT THE SUPPORT OF A HEALTHCARE PROVIDER. THE MAIN GOAL OF SELF-CARE IS TO PREVENT OR CONTROL DISEASE AND PRESERVE OVERALL WELL-BEING THROUGH CONSISTENTLY TAKING CARE OF VARIOUS ASPECTS OF YOUR HEALTH.

¿QUÉ ES EL AUTOCUIDADO? SEGÚN LA ORGANIZACIÓN MUNDIAL DE LA SALUD (OMS), EL AUTOCUIDADO ES PODER PROMOVER LA SALUD, PREVENIR ENFERMEDADES, MANTENER LA SALUD Y ENFRENTAR ENFERMEDADES Y DISCAPACIDADES, CON O SIN EL APOYO DE UN PROVEEDOR DE SALUD. EL OBJETIVO PRINCIPAL DEL AUTOCUIDADO ES PREVENIR O CONTROLAR ENFERMEDADES Y PRESERVAR EL BIENESTAR GENERAL A TRAVÉS DEL CUIDADO CONSTANTE DE VARIOS ASPECTOS DE TU SALUD.

WHAT TYPES OF SELF-CARE ARE THERE?

- Physical Health: Exercise, sleep and eat well, drink enough water.
- Mental Health: play puzzles, do a hobby, read, write, color, play an instrument, sing, etc.
- Relationship: Cultivate healthy relationship, go out, talk to someone, go to church, attend to a community group.
- Spiritual: Praying, meditation, gratitude, talk to a spiritual advisor.

WHY IS SELF-CARE IMPORTANT?

REDUCED STRESS LEVELS : PUTTING YOUR HEALTH AND NEEDS FIRST ALONG WITH GIVING YOURSELF A BIT OF REST CAN SIGNIFICANTLY REDUCE STRESS LEVELS.

INCREASING SELF-WORTH : THE MORE YOU TAKE CARE OF YOURSELF, THE BETTER YOU WILL FEEL ABOUT WHO YOU ARE AS A PERSON. THIS IS BECAUSE MORE OF YOUR CORE NEEDS WILL BE MET ON A REGULAR BASIS.

FEELINGS OF BELONGING : A SHORT-TERM BENEFIT OF SPENDING TIME WITH OTHERS WILL PROVIDE FEELINGS OF BELONGING AND LOVE, WHICH IS GOOD FOR YOUR OVERALL MENTAL HEALTH.

HEALTH WAY TO HANDLE STRESS

Triggers/detonate

STRESS INTERNAL
AND EXTERNAL
DEMAND /ESTRES
INTERNO Y
EXTERNO

ACKNOWLEDGE THE
STRESS /VALIDA EL
ESTRES

Think what to so
about it. Piensa que
hacer al respect

Chose the coping
skill. Escoje que
habilidad vas usar
para sobrellevar

PRACTICE IT
PRACTICALO

REVIEWED THE HANDOUTS AND PRACTICE A SELF-CARE ACTIVITY



THANK YOU
GRACIAS



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