

ARE YOU FEELING OVERWHELMED BY THE INCARCERATION OF YOUR LOVED ONE ?

HERE ARE SOME SELF-CARE TIPS FOR YOU

1) KEEP A HEALTHY LIFESTYLE

- ✓ Have regular meals
- ✓ Maintain a healthy lifestyle
- ✓ Get enough rest



2) TAKE CARE OF YOUR EMOTIONS

- ✓ It's okay to feel stressed
- ✓ Make time for yourself



3) STAY CONNECTED

- ✓ Reach out to family and friends
- ✓ Seek help if you need*



**Please refer to a list of community resources available at www.sps.gov.sg*



YOUR WELL-BEING AND MENTAL HEALTH IS EQUALLY IMPORTANT.

PRACTISE REGULAR SELF-CARE TO SUPPORT THE REHABILITATION JOURNEY OF YOUR INCARCERATED LOVED ONE.



PRACTICE SELF-CARE


As much as it is important to support your loved one's rehabilitation, it is also important to take care of yourself.





UNHELPFUL STRESSOR 1
"I must do everything for my family because no one else will!"




ALTERNATIVE
It's not only your responsibility to 'fix' the situation.
Reach out if you need to.



UNHELPFUL STRESSOR 2
"I must stay strong all the time!"



ALTERNATIVE
You are only human, it's okay to feel stressed!



UNHELPFUL STRESSOR 3
"I must put my family's needs before my own!"



ALTERNATIVE
Your well-being is equally important!
It is hard to care for others if you don't take care of yourself.