

Intention Setting Practice

You may be feeling a little overwhelmed right now, which is completely understandable.

What's important to remember is all of your feelings matter and acknowledging them is the first step in supporting a healthy emotional and physical state.

As you embark on another lockdown due to the Covid-19 pandemic, it will be important to maintain your own self-care.

Here's some ideas of intentions you might want to set for yourself.

Practice:

[Download a PDF https://www.barnardos.ie/media/10409/intention-setting-practice-wellbeing-for-parents.pdf](https://www.barnardos.ie/media/10409/intention-setting-practice-wellbeing-for-parents.pdf) of this practice to print out and maybe stick up on your wall, or follow the guide below. (Tip: print in black and white to save on your ink).

When you are feeling overwhelmed try to take **5 minutes** to figure out what is going on for you. Take some **deep breaths**, tap into where you are feeling any tension in your body and spend a few moments **acknowledging** any feelings that are coming up for you, even the negative ones. Sometimes writing down your thoughts and feelings or **journaling** can really support you to express them.

Setting **intentions** can also be useful in order to feel hopeful and positive about the weeks and months ahead. You might have already done some of this with your child or family together but now it's time to focus solely on you.

I intend...

- to find what brings me joy
- to share how I am feeling with a friend
- to love and be loved
- to be more present
- to be grateful for what I have
- to focus on times that I feel empowered
- to help empower others
- to build my resilience
- to do something kind for myself everyday

Take your time to identify and **write down** an intention or set of intentions that support you in reaching your goals.

You can choose to say this intention when you wake up in the morning and again before going to sleep at night.

Or if you engage in a regular **mindfulness practice**, then you can say your intention to yourself or write it in a journal each time to begin your practice.