

10 ways to practice self-care while you're here

The Information Desk can give you directions to any location mentioned below.

1

Step outside

Enjoy 10 minutes outside in the sun. The Gateway Garden, Storybook Playground and the Outdoor Playground are great options for the whole family.

2

Set boundaries

Honoring your boundaries is a great way to prioritize your mental health. It's OK to set your limits and acknowledge that you're feeling overwhelmed.

3

Read books

Reading is a great way to pass the time. Visit the Bomar Patient Library to pick up a few books during your stay.

682-885-3060 phone

4

Treat yourself

Enjoy a treat or special lunch at Starbucks®, Zooty Fruity or Goodies to Go. If you're craving something off-campus, outside food delivery can meet you at the main entrance during visiting hours.

5

Find a connection

Parents as Partners offers parent mentors, peer support groups and opportunities to connect with other families who have experienced a similar medical journey.

parents@cookchildrens.org

6

Get moving

Take a walk, do yoga or stretch in the room. You can even get a pass to the Texas Health Fitness Center at one of our information desks.

7

Be creative

Child Life and the hospitality carts offer a variety of craft activities that families can do in the room. Art for Adults offers kits with all of the materials needed for parents to get creative.

8

Take a deep breath

The Meditation Room and chapel are always open for prayer and meditation for people of all faiths. Our Spiritual Care team is available every day.

682-885-4030 phone

9

Pamper yourself

Visit Mirror Mirror Hair & Nail Salon for hair, nail and skin care services. By appointment only. Call or stop by to book an appointment.

682-885-3200 phone

10

Practice gratitude

Expressing gratitude through journaling is a way to train your mind to see the good around you. Write down three good things about today.



Find more self-care resources.

Parents as **Partners**

This was lovingly created by parents for parents.