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Our Jugaad,
Our ways to take care of ourselves.

In taking care of our children and our family,
We forget to take care of ourselves

But many a times
We do many little things
That are important for us
Because, they are our Jugaads

And we are mothers of disabled children
Having conversations with our friends about what matters to us
And sometimes crying with them about what hurts us
Listening to our favourite songs in the balcony,
Or else
Making fun videos on Tik Tok
And sometimes playing ludo
Starting our mornings with exercises
And dancing whenever our heart feels like.
Taking care of the little plants in our house.
And when flowers bloom in them,
We remember all the fun happy memories of our life!
These are our jugaads
What are yours?
Supporting the mental health of caregivers of children with disabilities
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Contact Ummeed's Mental Health Team at
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