

# HOW DO I PRIORITIZE MY MENTAL HEALTH WHILE PARENTING

## WEBINAR RESOURCES

REPLAY LINK: [HTTPS://VIMEO.COM/864901786](https://vimeo.com/864901786)



### Self Care

<https://self-compassion.org/>

### Trauma and Emotional Regulation

<https://mhanational.org/im-feeling-too-much-once-dealing-emotional-overload>

### Support

<https://mhanational.org/im-looking-mental-health-help-myself>

<https://mhanational.org/im-looking-mental-health-help-someone-else>

### “I Don’t Know How “ Webinar Series

["I Don't Know How to Address Worries About My Child's Safety at School"](#)

["I Don't Know How to Talk to My Child About Being Safe Online"](#)

["I Don't Know How to Support My Child through Loss"](#)

More webinars available at: <https://reachinstitute.asu.edu/parenting-exchange>