

HOW DO I PRIORITIZE MY MENTAL HEALTH WHILE PARENTING

WEBINAR TIP SHEET

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

Take care of your own needs

To be present for your children's needs it's vital to first take care of your own needs. Take breaks, do something you enjoy, recharge and regroup. Know it's ok to ask for help when you feel overwhelmed.



Let go of perfection

There is no such thing as a perfect parent. Do not strive for perfection, instead, focus on what you do well and celebrate your successes. Forgive yourself when you fall short of your expectations.



Regulate your emotions

You may have unresolved feelings from your own trauma. Practicing mindful acceptance of emotions, engaging in self-compassion and giving yourself space when needed can help. If emotions continue to feel overwhelming, it may be time to seek professional support.



Connect with those you trust

Find support with others who understand your struggles such as trusted friends and family, support groups, and professional therapy. Set boundaries with people who add to your stress or have not earned your trust.

