



Mental health advice for parents



Everyone feels stressed or overwhelmed sometimes, but it shouldn't become constant. Here are some tips to support your mental health.

Tip #1: Keep active and get outdoors

Staying active and getting outdoors benefits everyone. Fresh air clears the mind, reduces stress and lifts spirits.

Tip #2: Go for a mindful walk

Did you know bird song can help ease anxiety? Take a short walk, leave your phone behind, and tune in to the sights and sounds around you.

Tip #3: Try some relaxation exercises

Feeling tense? Try a few relaxation exercises each day. Being mindful can keep you focused on the present.

Tip #4: Turn off the news

Staying informed is important, but too much news can harm your wellbeing. Use trusted sources and limit your updates. And try switching off your social media apps sometimes and relaxing instead.

Tip #5: Add 'me time' to your to do list

To-do lists never end, so don't wait to take a break. Taking care of your wellbeing boosts your happiness and energy, helping you support your family.



Tips for keeping active

Tip #1: Go for a walk

Did you know walking benefits both your physical and mental health? Just 30 minutes outside in natural light can boost your mood and improve sleep.

Tip #2: Take up jogging or running

Playing outdoors with the kids lifts spirits, but if you need some 'me time', try jogging or running.

Tip #3: On your bike

Not into running? Try cycling! It's great for your body and mind, plus it lets you explore new places locally while being eco-friendly. You can start by hiring a bike or using a bike-sharing scheme.

Tip #4: Exercise indoors

If the weather's too miserable to go outside, try exercising indoors instead. YouTube is full of fitness experts. You can also exercise as a family indoors.

More tips

For more tips visit [ParentClub.scot](https://parentclub.scot).