

Parent
Pack

SELF CARE



#StopTheSpread



When you're a parent or carer, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever.

MAKE TIME FOR YOU

Anxiety is likely to be higher right now and that is normal.

With so much worry and uncertainty floating around it can be easy to absorb other people's fears and concerns without even realizing it. If you have a friend or family member who's in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you're taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.



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EXPECTATIONS & HEALTH

Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. Parents and carers should remind themselves that these are unprecedented times. "There's no book for this. Remember you're doing your best during a very difficult time. Be kind to yourself!.

We need to think about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the park (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.



Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity.

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Resources

www.mind.org.uk

www.rethink.org

www.anxietyuk.org.uk

www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak



Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for or make the choice to learn a new skill.

Maybe there's a knitting project, arts, baking, reading or gardening you've always wanted to try, but you've been too busy. Or you've been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it's been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.



Public Health
England

NHS

England

every mind
matters

NHS

mind
for better mental health

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Local support:

Gloucestershire Healthy Living and Learning - <https://www.ghll.org.uk/>

Teens in Crisis - <https://ticplus.org.uk/>

Parent support line - 08006525675

<https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

