



family  
lives



# Wellbeing tips for parents

Find out how we  
can support your  
wellbeing



## QUICK TIP

Adding self-care into a daily routine, even if it is just 10 minutes a day, can help you feel recharged

## Prioritising your wellbeing

Being a parent can be a rewarding and joyful experience but it can also bring about some challenges. It is often the case that parents put the needs of their children before they take care of themselves, but this is something that should go alongside each other, side by side. It can be difficult to give our all to our family if we are feeling exhausted. Looking after yourself and recharging your batteries is key in helping you and your family feel happier, confident and build stronger relationships.

**Find something that you enjoy doing and that helps you feel calm. Whether it is exercise or crafts, doing something for you can help you feel good.**

## Feeling overwhelmed

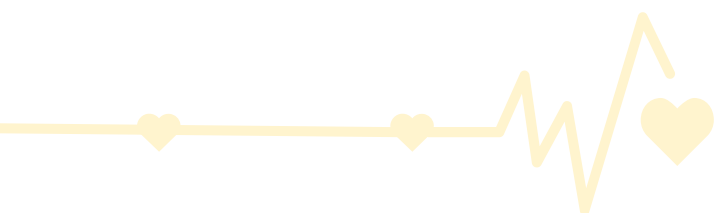
It's easy to be overwhelmed by everyone's needs in a family, all competing in their different ways for your attention and care. Everyone's cup can get emptied very quickly and sometimes never be filled up again. If you're running on empty, you have nothing to give to yourself and nothing for the other important people in your life. This can leave you feeling drained, low and empty.

**Treating yourself and looking after yourself isn't being selfish. It's being aware that you're important too and deserve to be cared for just as much as anyone else.**



## Managing anxious feelings

If we are feeling anxious and low, we may not have the motivation to do simple things such as get ourselves and our children ready for the day ahead. Understanding your triggers can help you manage your anxiety. Once you have identified your significant triggers, ask yourself what is the ideal outcome? What steps can you take to work towards your ideal outcome and who can you ask for help, if need be? Being active or spending time in nature can be incredibly helpful and reduce the intensity of the anxiety. Eating regularly and sleep can help you better cope with stress and worry.



# Making time for yourself

Work out what helps you and set aside certain times in the day and week to fill your cup. If you're having difficulty setting aside that time, ask yourself what gets in the way? All sorts of things can get in your way, either practical or emotional.

Practical barriers may be lack of time or money, or anxieties about what your kids may get up to if you went out. Emotional barriers may be negative beliefs about your entitlement such as "I don't deserve it" or feelings of guilt.

Once you've identified the barriers, talk them through with the whole family to seek a solution. Letting other people know directly and clearly what you would enjoy and what we would like. "I" messages are an important tool in helping us to get our needs met, for example, "I would like you to help me with the chores".

## REDUCE PRESSURE



If you don't want to do something, give yourself permission to say no. Friends and family will understand.

## FRIENDSHIPS



Spend some quality time with friends that make you feel good. Ones that respect and understand the challenges you face.

## HOBBIES



Find something that you enjoy doing and that helps you feel calm. Whether it is exercise or crafts, doing something for you can help you feel good.

## GO OFFLINE



Being on social media can be overwhelming. Taking some time away can help you refocus and clear your mind.

## SELF-CARE



Self-care should be an essential part of your daily routine. Maybe a good book, a nice walk or some meditation can be the tonic you need.

## FEED YOUR SOUL



Eating nutritious meals is very important for your wellbeing. It can give you much needed energy and be healthier for you and your family.

## Time for you

Sometimes we need to give ourselves permission to relax or treat ourselves. Even very small things we can do for ourselves can help us. The benefits will be that we relax, charge our batteries, feel better about ourselves and our family, feel better about life and more able to cope. Nurturing ourselves helps us take better care of our children. Sit down and work out what might really help you.

### Questions to ask yourself

- How does it feel to think of meeting your own needs?
- What are the things you enjoy doing just for you?
- When did you last do them?
- How could you arrange to do them more often?

**Bubble vision is a visualisation exercise to help you manage stress and overwhelming feelings and creating a stress-free zone for yourself. Follow the steps below.**

- Make yourself comfortable and close your eyes.
- Take a few deep breaths and let them out slowly.
- Imagine yourself surrounded by a bubble that protects you. Be aware of all the demands on your life.
- Now, as you breathe out, feel yourself gently making your bubble bigger, pushing back all these demands.
- Every time you breathe out, make your bubble a bit larger until you feel comfortable.
- When you are ready, open your eyes and see your surroundings.
- Be aware of the bubble space that you have created around you.
- Whenever you want to, go back into the bubble, and relax.



## Banishing the guilt

Treating yourself and looking after yourself isn't being selfish. It's being aware that you're important too and deserve to be cared for just as much as anyone else. Self-awareness means being in touch with our feelings and needs, it doesn't mean not caring about other people. The better you feel, the better you can help other people feel too. You owe it to, yourself, your family and the others in your life to do things - even small things - to make yourself feel good. Every little treat helps to fill your cup so you've got something to give out.

# We're here when you need us

Our **Family Lives wellbeing service for City of London parents and their families** provides support if you or your child are struggling with your wellbeing, please call Family Lives on **0204 522 8700 / 8701** or **07702 954891** or email **services@familylives.org.uk** to find out more about the service.

## Family Lives support

**Call our confidential helpline on 0808 800 2222**

Monday to Friday 9am to 9pm

Weekends 10am to 3pm

**Email us at: askus@familylives.org.uk**

**Or chat to us online**

Monday to Friday 10.30am to 9pm

**Online advice and resources:**

Find advice, online parenting courses and our forums at [www.familylives.org.uk](http://www.familylives.org.uk)

