

# How to Protect Your Mental Health as an Overworked Parent

Parents are given the responsibility of caring for the family but more often than not, they lose themselves in the various roles they play for the household.

The business of earning an income, doing the chores and juggling the endless demands of the role takes its toll on one's mental health. There are times that these get too overwhelming and it affects their mental health.

If you are a parent experiencing signs of stress and fatigue, take a breather and try these tips to ensure your mental health.



## Prioritize yourself

There is a saying that you cannot effectively care for other people if you do not take care of yourself. Find time to address your personal needs. Do not let yourself grow hungry just because you are feeding the kids. Make sure you carry around a healthy snack. Sneak in some time to do the things you love like read, or watch your favorite show.



## Get sleep

Sleep helps your body recover and gives your brain the break that it needs to prepare for a new day. Stop worrying and snuggle up. Stop using your devices 30 minutes before bedtime and try to put on relaxing meditation sounds to help with the relaxed atmosphere.



## Connect with others

Socialization is important for parents just as it is for kids. While face to face meet ups is still limited, set up a date with your buddies so you can catch up online over coffee.



## Do not overwhelm yourself

Sure, there are a lot of responsibilities that need to be fulfilled. Do not feel overwhelmed by them. Take things one step at a time. When the stress gets to be too much, step outside your garden and take in the fresh air. Do some

