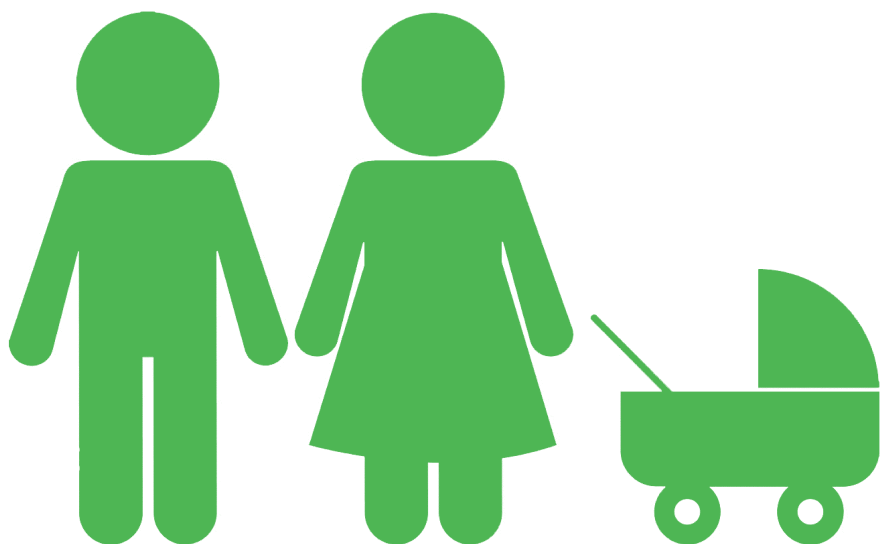


A Quick Self-Care Guide for busy parents



Name

Signs and symptoms of low mood can include

- Feeling tired or lacking energy
- Feeling burnt out
- Sleeping more or less than usual
- Increased or decreased appetite
- Feeling restless and/or agitated
- Feeling hopeless
- Feeling tearful
- Not wanting to socialise with other people
- Not wanting to do activities you usually enjoy
- Finding it hard to concentrate on everyday activities like reading or watching television
- Finding it difficult to think clearly 'brain fog'.
- Difficulty coping with everyday activities
- Using drugs and/or alcohol to cope with feelings
- Having thoughts about harming yourself

(NHS, 2018; Samaritans, 2019)

My signs and symptoms that my mood is dropping

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Self-care activities which can help to improve mood

- Talking about your feelings to someone you trust
- Peer support e.g. meeting with other parents
- Mindfulness activities e.g. meditation, being fully in the moment
- Keeping active e.g. attending mums and tots groups
- Physical exercise e.g. walking with the pram
- Eating a healthy varied diet (reducing high sugar and/or caffeinated foods and drinks)
- Spending time in nature e.g. walking in a glen or on the beach
- Keeping a journal e.g. Happiness journal

(Mind, 2019; Mental Health Foundation, 2019)

Self-care activities which help my mood

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Helpful Numbers

Friends/relatives I trust

Name

Tel

Name

Tel

Name

Tel

Health visitor - Name

Tel

My GP - Name

Tel

Other professionals

Tel

Samaritans **Tel: 116123**

Crisis Team **Tel: 642860**

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