

Mental Health

FIRST AID FOR PARENTS

Guys, no-one told us parenting would be this hard! (ok-maybe someone did)
Here's how to look after your mental health while you're elbow-deep in diapers

Be Real

Acknowledge your feelings. Being overwhelmed, stressed, anxious, or scared doesn't make you a bad parent.

Eat

Repeat after us – food is GOOD. Eating well plays a really important role in helping you feel strong and capable.

Excercise

It might be five minutes, it might be an hour, but mama and papa's mental health will love those endorphins.

Sleep

Aha. Aha. Yes, we realize we're saying that to new parents. Don't beat yourself up if you're struggling.

Socialize

Raising a kid takes a village. Reach out to loved ones. Adult conversation can be amazing for your state of mind.



#LiveAuthentic

Answers For New Parents Adjusting To Your New Role

Xiang Xie



Answers For New Parents Adjusting To Your New Role:

Delve into the emotional tapestry woven by in **Answers For New Parents Adjusting To Your New Role** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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