10 early parenting tips

to support mental health and wellbeing





• Take time for selfcare

Make time for the activities that bring you joy, peace, and satisfaction. Get a massage, go for a walk, spend time with your pet.

Practice Progressive Muscle Relaxation (PMR)

A great technique to reduce anxiety, combat stress, and improve overall sleep. Learn more here.



3. Meditation



Practice mindfulness and staying in the present to encourage calmness and a more balanced mood.



Understand how common it is to experience possible changes in your thoughts, emotions, and physical reactions - this is normal, take your time.

Make a list of the activities you have been avoiding (and previously enjoyed), and slowly start to build back a normal pattern of engaging.

5. Motivate yourself

6. Focus on your physical health

The impact of diet, exercise, sleep, caffeine and alcohol have a major impact on your overall health - make it a priority.

Develop a bedtime routine

Avoid bright lights a few hours before bed, find the perfect bedroom temperature, eliminate noise, and reduce caffeine for a better night's sleep.



8. Understand your worries

Use tools like The Worry Tree to better understand your worries by separating them into hypothetical situations or current problems.

9. Use digital tools and apps

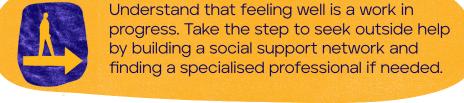
SilverCloud's Space for Perinatal Wellbeing programme has been designed, using Cognitive Behavioural Therapy (CBT) for both women and men to better understand their thoughts, feelings, and behaviours so they can think and feel better. Learn more here.







10. Seek additional help







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