



Parent Mental Health Day

Parent Mental Health Day (PMHD) is observed every year on **January 30th**. It was founded by the UK-based charity **stem4** in 2022 to raise awareness of the vital link between parents' and carers' mental health and the wellbeing of the whole family. This year's theme is "**Balance**".



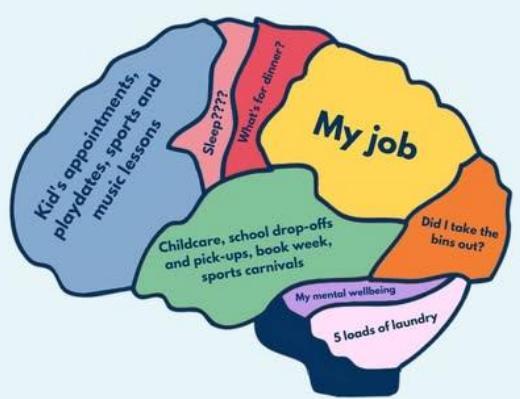
Purpose of PMHD

- Highlight the importance of parental mental health and its impact on children and family dynamics.
- To reduce stigma around parents seeking mental health support.
- To encourage open conversations, self-care, and access to resources for parents and carers.

Why it matters?

- Parenting can lead to stress, anxiety, and burnout.
- Poor parental mental health can affect emotional regulation, family relationships, and children's development.
- Supporting parents creates healthier families and communities.

My brain as a parent:



The mental load, without even considering the "visible" tasks of parenting, is almost equivalent to a full-time job. Parents spend 30.4 hours a week co-ordinating family schedules and household tasks.

Dr Becky Kennedy, Clinical Psychologist

Why "Balance" Matters

- Your wellbeing affects your child's wellbeing. When parents feel stressed or burnt out, children can sense it.
- Healthy balance reduces guilt and pressure. Self-care is not selfish it is essential!
- Better mental health = stronger family relationships.



The wellness wheel gives people the chance to identify areas in their life they may have neglected or seek to improve.



Practical Tips for Parents: Finding Balance & Wellbeing

Prioritise Self-Care without Guilt

- Treat self-care as essential, not optional.
- Remember a well rested parent is a better parent.
- Schedule “me time” for yourself daily; even 10 minutes a day can make a difference.
- Engage in activities that recharge you i.e. reading, walking, listening to music etc.

Create Healthy Boundaries

- Say “**no**” to extra commitments when you feel overwhelmed.
- Set regular “family-time” to focus on **fun** activities to do together, and limit work-related tasks during it.

Set realistic expectations

- Avoid comparing yourself to others; every family is different.
- Focus on progress not perfection

Share Responsibilities

- Delegate household tasks to partners or older children.
- Ask for and accept help from family, friends or support networks & groups.

Stay Connected

- Talk openly with friends or support groups about challenges.
- Social connection reduces isolation and stress.

Seek Professional Support

- If you feel persistently anxious or low, contact your GP or mental health services.
- Explore free resources like stem4’s Combined Minds app or MindUK

Celebrate Small Wins

- Acknowledge daily achievements, no matter how small.
- Gratitude journaling can boost positivity.



Helpful Links

- **stem4:**
<https://combinedminds.co.uk>
(Free app designed to help parents and carers support young people and themselves.)
- **Mind UK:**
<https://www.mind.org.uk>
(Offers advice and support for anyone experiencing mental health problems.)
- **Calm:**
<https://www.calm.com/blog/wellness-wheel>
(Offers advice on how to use the wellness wheel)