

Feeling stressed? We're here to help.



When you're struggling with your mental health, it can be harder to care for your family. But by making space to meet your own needs, you'll be better prepared to parent. Here are a few tips to try:



Make time for your hobbies. Rather than scrolling through your phone or reading the latest news headlines, spend your time on the things that soothe and energize you.



Lean on your social supports. Staying connected with your friends and family will help you build a support network that you can talk to about your worries.



Try First Stop Health Virtual Therapy: While talking to a loved one can help, there's a lot of value in getting unbiased advice and guidance from a licensed therapist.



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