



Support for Parents - It's Okay to Not Be Okay

This is a phrase we hear often, but although we might repost, retweet, or use it as a hashtag, how many of us actually accept it? Society, and in particular social media, places huge pressures and expectations on parents nowadays. If you were to believe some people's news-feeds, they manage to bake 4 loaves of banana bread, construct a life-size fort from egg boxes, support their children to complete all their remote learning (whilst working from home themselves) by lunchtime in an immaculately tidy house, wearing pristine designer loungewear and with not a hair out of place!

Remember you are a parent, not a superhero. It is normal to be stressed, tired, and emotional. It is normal to have a bad day. Be kind to yourself. Looking after yourself helps your family. You can't help others if you are struggling, so take a few minutes for yourself each day to do something that helps you relax.

Be Aware of Your Emotions

Our natural reaction is to respond, "I'm fine" when asked how we are, even if the reality is very different. The reality is it is not healthy to ignore our feelings as this causes them to build and fester. Try talking to a trusted friend or family member, or daily journaling your thoughts and feelings. If you have a lot on your mind, try making lists to help you organise your thoughts.

Be Kind to Others

If you know someone is struggling, reach out to them. A text, a phone call, a card through their door can let them know you are thinking of them. If your children or partner are struggling, a hug, a mug of hot chocolate, some of your time and attention can offer reassurance.

Five Ways to Wellbeing:

1. **Fuel:** Make sure you are eating properly so that your body is fuelled and ready for the day ahead. If you are someone who normally eats on the go, try to take a few minutes to sit down as this aids digestion and where possible try to eat with your family to build connections and relationships.
2. **Sleep:** Getting enough sleep is vital to ensure you have energy for the day ahead.



3. **Filter:** Toxic friendships, social media, and negative news affecting your mood? Try to think of ways you can limit your exposure and instead spend time doing something that makes you feel good.
4. **Exercise:** Exercise releases a host of feel-good hormones that support our wellbeing in addition to keeping our bodies healthy.
5. **Laughter:** It really is the best medicine! Spend time playing with your children, watch a funny film or TV programme, listen to a podcast, read a funny book.

As always, the Pastoral Team at Hyde Park Schools are here to support families with their wellbeing and can be contacted via the school office.