

World Mental Health Day is October 10th

Self-care can soothe your own jangled nerves and regulate your emotions. It will also have a cumulative effect on your well-being (which benefits everyone around you, too).



Humans are a kaleidoscope of emotions. Feelings change quickly, tumble into each other, and overlap. You're fulfilled *and* overwhelmed. Kids are silly *and* difficult. Teenagers can be both courageous *and* scared.

You're not the only parent who (sometimes) feels stressed — and stuck. We've been there, so we know how it feels to need a village that can't be found. We also know that sometimes, you are actually the hero you need.

* Replace guilt with grace

Look for progress, not perfection. Instead of "I shouldn't have said/done that" try "Now that I know better, I can do better."

* Create space for silence

Earphones out. Streaming paused. Social media closed. Listen for five sounds around you and let them bring you into the here and now.

* Consider movement a gift

You don't "have" to walk, run, or do yoga — you "get" to. Feel your blood pumping, sweat out toxins, and clear your mind.

* Enjoy it now

Light the candle you love, use the "good" plates for takeout, say or do silly things just so you can listen to your child giggle.

* Make tomorrow morning smooth

Before your head hits the pillow, get a few tasks done that will make your morning feel easier — set the coffee maker, prep lunchboxes, and start the dishwasher.

* Get yourself centered

Eat sitting down. Laugh with a friend. Hug someone you love. Stretch before bed. When your eyes flutter open in the morning, name one thing you're grateful for.

Brightline provides therapy, psychological testing, and psychiatric services for kids up to age 18, along with support for parents. **Virtual, in-person, and in-network care in Brooklyn Heights, Lake Success, and Columbus Circle.**