

Mental well-being tips for Mums

It's OK to not be OK -
Moments of vulnerability don't
take away your SuperMum status!



Talk to other Mums -
Don't do it all alone.
Talking to others who know how
you feel can be a form of therapy.

Limit news & social media -
Having the news on all day can create
extra anxiety for you and your kids.
Why not stick to one update a day?



Remember your own mum -
or another who gives you strength.
Draw on this when things feel tough.

