

PARENT MENTAL
HEALTH DAY
27th January

PARENT MENTAL HEALTH DAY RESILIENCE PACK

27TH JANUARY 2023

What is #PMHD?

stem4's Parent Mental Health Day (PMHD) encourages understanding and awareness of the importance of the family as a system where parent and carer mental health is as important a focus as young people's mental health. With this year's theme being #BuildFamilyResilience, the day will aim to explore how family resilience can be built, minimising negative impact on either parents and carers or their children and young people.

The #PMHD story

Mental health can be impacted by a number of factors, including environmental and social. There is evidence that the pandemic has impacted significantly on parent and carer mental health. Increasing severity, new emerging psychological issues, and lack of access to stretched mental health services have generated ongoing worries on how to also support children and young people's mental health. The cost of living crisis, which has so closely followed the pandemic, and increased concerns about digital harms have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

Parent Mental Health Day is here to shine a light on parents and carers who are continuing to parent under unprecedented circumstances and may be struggling in the face of adversity. By getting parents, carers, and employers engaged in discussions, PMHD aims to challenge the stigmas surrounding mental health, start a discussion, and provide some resilience tips.

The #PMHD story

Whilst in most instances parents and carers dig deep to find the resources and resilience needed to help their families and face the challenges that arise, the need to find financial and mental health support (for their young person or themselves) and digital harms security may result in less time spent as a family together and fewer opportunities to focus on family wellbeing. This can lead to potential further negative impact on mental health.

That's why this year's theme is #BuildFamilyResilience, focusing on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times.

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stem4, a charity that supports young people to build positive mental health, is proud to be the founder of Parent Mental Health Day.



There are also opportunities for future sponsorships and partnerships regarding Parent Mental Health Day. Please email fundraising@stem4.org.uk if you are interested.

The impact of the pandemic & cost of living crisis on parent/carer mental health

The cost of living crisis is not just a financial crisis, it is also a mental health one.

This is because parents and carers are worried about providing family basics such as food and energy; keeping up with rent or mortgage payments; job security; childcare costs; the ability to provide for family activities like holidays or extracurricular activities for their children. A survey of UK parents* commissioned by The King's Maudsley Partnership found 34% of parents say they think the rising cost of living could affect the mental health of their children a great deal over the coming months. If family activities have to be curtailed, this also reduces opportunities for families to be together and to enhance family connections.

Multiple crises are likely to have further impact on parent and carer mental health, as well as on the care they provide. Providing care for children and young people whose academics, mental health, and physical health are affected further impacts on parent and carer mental health, and reduced health services place a great responsibility of care on parents.

*<https://slam.nhs.uk/pressreleases/new-poll-from-kings-maudsley-partnership-reveals-parents-mental-health-concerns-2716/>

What is resilience?

Resilience is the positive way in which we adapt to the adverse challenges we face in life.

It is more than 'bouncing back' when knocked down, it is the ability to adapt to hardship and to build a reservoir of protective factors to counterbalance any risks we might face.

Resilience building not only applies to the individual it also applies to families, relationships, and the wider system, be it schools or communities.

In individuals, being resilient might include:

- developing a range of different ways of thinking which include having a positive 'give things a go' attitude and being prepared to change the direction of thinking if needed, rather than being stuck on one way.
- the ability to identify, regulate, and express emotions.
- the ability to learn from failure and other setbacks.
- 'grit' (Duckworth, 2007) which is described as 'perseverance and passion for long term goals'.

What is family resilience?

Family resilience is a family's ability to function effectively even in the face of hardship and challenge. It is something that adapts over time, providing opportunity to 'bounce forward' under changed circumstances.

There are several factors that are helpful to building family resilience including family coping styles and skills, the type of stressors and their impact on each family member, family communication, and the resources available to each family member.

Some family resilience factors include:

- a focus on providing stability and safety.
- maintaining family functioning in basic areas.
- the provision of positive attachments.
- positive regard and recognition.
- taking care of vulnerable members (e.g., young, sick, or frail elderly).
- adapting to shared loss or adversity.
- providing economic support.

Why is family resilience important?

Crises can be better negotiated when they are viewed and dealt with as shared challenges together. As we face further difficult times, adapting to them becomes easier when family members and the community support each other other's needs. It is also helpful to negotiate change due to a shared acceptance that distress and difficulties are understandable, and that possessing hope is realistic as people are stronger together.

Tips for parents/carers on building their own resilience

1 Take stock on how you might be affected by current issues. For example, do you feel more anxious than usual, distressed, worried, drained?

2 Address these symptoms by taking some basic self-care steps, having a chat with someone close, and/or seeing your GP.

3 Keep paying attention to your thoughts, emotions, and behaviours and take early steps to change.

4 Stay connected. Maintain links with people important to you. This includes family, friends, and colleagues.

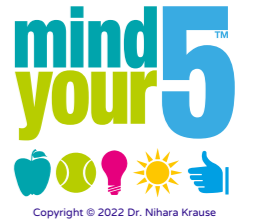
5 Set up something nice and within your budget to do every month—we all need fun and something light to look forward to.

6 Keep life as balanced as you can. If you are having to work extra, make sure you still have some down time.

7 Practise a daily five minute mindfulness activity, even if it's to slow down, and be mindful of drinking your daily cup of tea!

8 Practise balanced thinking—it's easy for negative thoughts to take over.

Tips for building a young person's resilience with MINDYOUR5



H Healthy Practice — Looking after your physical health and self-care are vital for good mental health.



- Teach your young person the importance of eating regularly and well, exercise, and getting adequate sleep.
- This means keeping structure and boundaries as best as possible.

A Activity — The cost of living crisis may affect the amount of activities your child / young person can continue to participate in. For example, sports activities or pursuing creative activities.



- Encourage alternative regular activities that don't have a cost outlay. For example, playing ball games in the park, jogging outdoors, using existing arts and crafts materials to create, writing, and reading.

P Positive Thinking — A person's interpretation of a situation will determine its outcome. If your perspective is negative, the outcome of your thinking will be negative.



- Help set some small but achievable goals and give feedback every time they achieve one small step at a time.
- Catch the worst-case scenario thinking in yourself as well as in them.
- Help them to see the potential positives that can arise as a result of what everyone is going through, rather than only focusing on negatives.
- Help them to see the bigger picture.

P Positive Emotions — Be there for your children and young people as best you.



- Listen to their fears and worries.
- Help them to express what they feel and reassure them you care and will support them.

Y Your Connections — Create opportunities to help others.



- Set up playdates or help them set up some group activities. They don't have to cost money.
- Keep agreed boundaries on online activities.
- Help them to learn social confidence through helping them to learn to trust themselves to solve problems.
- Reinforce the good decisions they make.
- Provide opportunities to connect with grandparents.

Learn more on how to MINDYOUR5 at www.mindyour5.co.uk

These categories follow the MINDYOUR5 framework for resilience building created by Dr. Nihara Krause. Each of these categories is equally important and a regular balance of these will contribute significantly to your and your young person's mental wellbeing. Copyright © 2022 Dr. Nihara Krause

Tips for parents and carers to #BuildFamilyResilience

- 1 Keep family routines the same.
 - 2 Don't forget to keep up with family rituals and celebrations, even if they are more altered in format.
- 3 Spend quality time together—it doesn't have to be expensive. Solve a puzzle, watch a movie, cook something.
 - 4 Provide opportunities for whole family involvement. This means working together as a team.
- 5 Communicate regularly and often. Be open to addressing fears, uncertainties, and answering difficult questions.
 - 6 Be mindful of language—use hopeful language, provide helpful information, listen, and help everyone feel they can be heard. However small the worry, don't minimise fears and worries.
- 7 Permit emotional processing. This means letting each family member process what they are going through in their own way. Respect these differences.
 - 8 Restrictions are hard to deal with. Shape your environment to be relaxing and include small treats from time to time. Some examples include having a special meal together, listening to calming music, and lighting a candle.
- 9 Focus on a common purpose. This can include getting together to explore ways to save money, ways to connect, and how to have fun.

Focusing on a Strengths-Based Approach



This approach focuses on identifying resources and resilience factors in an individual when dealing with mental health difficulties and harnessing these to make change, rather than focusing on negatives or 'deficits' and is used in the Combined Minds app.

Example: Not getting out of bed in the morning due to low mood.

Rather than focusing on lack of motivation, see it as an opportunity to use shared strengths to get better.

Create a list of strengths (theirs and yours):

Use the acrostic CPR (Saleebey 2006) to generate some.

C: competence, capacities, character, and courage

P: promise, possibility, purpose, and positive expectations

R: resilience, reserves, relationships, resolve, and resources

Follow these steps:

1. Create one well-defined and focused goal.
Get out of bed by 9am four times a week.
2. The goal should be measurable and attainable.
3. What strengths are you going to use?
Define a top strength of theirs (and yours) that can be applied to the goal.
Theirs: capable, kind, caring, generous, can be focused, good friend, loyal
Yours: capable, caring, generous, patient, organised, resourceful
4. Outline a plan (baby steps to hardcore!).
Be realistic. A high chance of success boosts accomplishment rate.
Them: Start by setting an alarm, visualising the positives of the day ahead.
You: Will remind them to get out of bed, will be prepared to be patient in terms of change.
5. Review your plan, is it working? Provide feedback and refer to it later.
What needs to be changed? How can you maintain it?

Support a young person's mental health with stem4's free Combined Minds app: combinedminds.co.uk

Get involved     @stem4org

#PMHD

#ParentMentalHealthDay

#BuildFamilyResilience

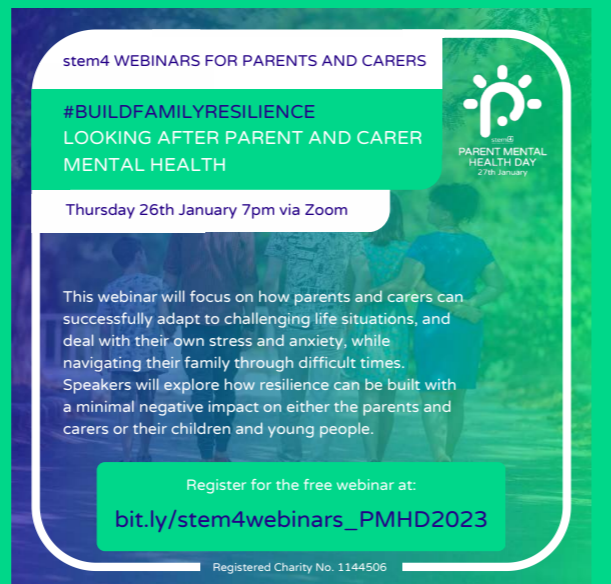
Why not share one of your own tips? If you've found a great way to #BuildFamilyResilience, share it with us on Twitter or Instagram and we might repost it! If you do try any of our tips, be sure to tag us too.

Head to www.parentmentalhealthday.co.uk for more information on resilience and how to build it in both you and your young person.

stem4 Webinar for Parents and Carers

#BuildFamilyResilience:
Looking after Parent and Carer
Mental Health

- Thursday 26th January 2023 – 7pm via Zoom
- Register for free: https://bit.ly/stem4webinars_PMHD2023
- For more information, please email education@stem4.org.uk



stem4 WEBINARS FOR PARENTS AND CARERS

#BUILDFAMILYRESILIENCE
LOOKING AFTER PARENT AND CARER
MENTAL HEALTH

Thursday 26th January 7pm via Zoom

This webinar will focus on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times. Speakers will explore how resilience can be built with a minimal negative impact on either the parents and carers or their children and young people.

Register for the free webinar at:
bit.ly/stem4webinars_PMHD2023

Registered Charity No. 1144506

Sign up to the webinar here: https://bit.ly/stem4webinars_PMHD2023

Further resources



Try our Combined Minds app

Combined Minds is a FREE app developed for teenage mental health charity stem4 by Dr. Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health.

Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.

Download today



Please note that none of the stem4 apps substitute for seeing a mental health professional / GP. Please see a suitably qualified professional for assessment and advice on treatment.

stem4's mental health podcast Understanding TeenMinds



Understanding Teen Minds aims to provide insight into the world of teenage mental health, looking at everything from signs and symptoms to early intervention.

Drawing on the extensive knowledge and experience of stem4 founder, Consultant Clinical Psychologist Dr. Nihara, along with the evidence-based resources and apps provided by stem4, we hope our podcast will be a useful tool and support for health and education professionals, parents, and young people alike.

Listen to the podcast at stem4.org.uk/podcasts/.

Get in touch



For more information about stem4 and what we do, check out our website stem4.org.uk or email us at enquiries@stem4.org.uk

stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • @calmharmapp



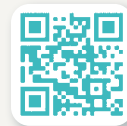
A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • @clearfearapp



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • @appmovemood



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • @combmindsapp



A free app to help young people manage negative body image, poor self-worth,
and related early-stage eating difficulties or disorders
www.worthwarrior.co.uk • @worthwarriorapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
supporting teenage mental health

www.stem4.org.uk • @stem4org

Developed by stem4 - Registered Charity No. 1144506