

3 Things You Can Do to Protect Your Family's Mental Health

Description



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When people think of mental health, they only do so in terms of adults only. Most people are unaware that children too are dealing with mental health issues. In fact, surveys are showing that there's an increased rate of anxiety and depression among children between the ages of 3 and 17 years old.

So, if you thought you and your partner were the only ones dealing with mental health related problems, think again. Whatever the case, you need to make sure that all members of your family enjoy excellent mental health. The tips in this post, should help you do just that.

Avoid or Minimize Worry

Worry is a major thief of your peace of your peace of mind. If you continue to dwell on the things that aren't right with the world, you'll find that it's an endless slippery slope. Instead, be selective about the kinds of information you consume and digest.

Start by identifying the cause of your worries. For instance, the news is a major source of anxiety and mental stress. If the news is the source of your anxiety, go on a 2-week "news detox" and see how you feel. If you find that you're less worried or anxious, keep at it. Also [practice habits](#) that will minimize your worries and keep you calm.

Acknowledge Their Feelings

If your kids are feeling anxious and having panic attack episodes, you need to talk to them about their worries. This is very important because teenagers in particular, tend to think of anxiety as a major mental health issue. And because they are scared of the negative association, they tend to further worsen their state of mind.

The first thing you ought to do is normalize the feeling of anxiety and discuss it in the home. In fact, you should inform them that anxiety is perfectly normal. It's just the body's way of alerting us to possible dangers so that we can take adequate protective measures.

Do What You Love and Enjoy

Whether it's cooking good food, telling [anti jokes](#), watching your favorite TV shows, just hanging with the dudes, playing with the kids, or engaging in activities that they'll like, just find something that gives you joy and do it.

The pandemic has proven that life is too short to not live fully. So, identify the joyful activities that can improve the mental health of the entire family and participate in it. For example, you can all play games at home, have an outdoor movie night, and a bunch of other activities.

Finally, do everything you can to have a measure of control in your life. Sometimes, anxiety, depression, panic attacks and other mental health issues stem from not being in charge of aspects of your life. Sometimes, simply making an effort to do something is enough to dispel some of those anxieties. Take charge of your life and it will have a ripple effect on the family's state of mental wellness.

Date Created

2021/12/03