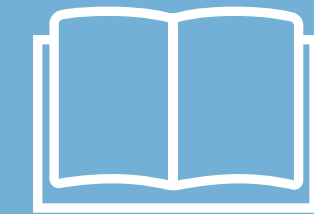


# Wellbeing ideas for parents

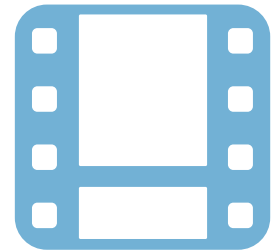
## Ideas to help parents look after their own mental wellbeing

Turn the music up and  
enjoy dancing with your  
children



Read a magazine or  
book

Watch a film



Call a friend or loved one



Listen to your favourite  
song



Sort through clothes



Write down something  
you achieved today



Try a new indoor  
exercise



Take a relaxing bath

Take deep breaths and stretch

Try meditation search for free apps