# Caring for Your Mental Health as a Mother

Mothers seem to do it all. They are their child's first teacher and friend. They spend day in and day out loving and caring for their little ones.

Many mothers face the pressure of feeling like they have to do everything and do it well. Many moms find themselves pushing so hard to cook, clean, plan fun activities, and love on their families that they forget to care for themselves.

Self-care, however, plays a critical role in the quality of your parenting abilities. It is just as they say- "You cannot pour from an empty cup." When you forget to care for your health and well-being, your body and mind can feel burnt out and exhausted, leaving you struggling to do even the simplest tasks.

This Maternal Health Month, set a goal to prioritize self-care. You can begin by caring for your mental health with these six tips.

## 6 Self-Care Tips for Your Mental Health as a Mom

### 1. Schedule Time for Joy

Doing things that make you feel happy is critical to ensuring you can be the best mother you can be. So, have that night out with your friends. Sign up for that class you've been wanting to take for years. Whatever helps you feel relaxed, rejuvenated, or joyful should be given space in your life.

### 2. Delegate When You Can

Many mothers believe they must work, keep the house spotless, spend quality time with their partner and children, plan activities, cook healthy, well-rounded meals, and so much more. When does mom get the chance to relax? There is nothing wrong with delegating tasks or saying no. The less you have on your plate, the better you will be able to emphasize the things that are important to you, like quality time with your family. So, hire a housekeeper. Order Doordash. Let your partner do their share of the housework and childcare. You will feel happier, your relationships will be better, and your mental state will be healthier.

### 3. Practice Self-Compassion

In motherhood, it can become easy to feel like you are doing everything wrong, especially when it feels like you are facing judgment from everyone in the world. However, it is important to remember that you are doing your best. You are learning every day, and your children know that they are loved and cherished by a wonderful mom. Have some compassion for yourself, and don't forget to notice the amazing things you are doing, too.

### 4. Cut Back on Screen Time

Screen time can leave you feeling unhappy, dissatisfied, and physically unwell. Scrolling through Instagram can make many people doubt whether they are doing enough in their own life. Watching the news can make anybody feel stressed and negative about the world. Many studies have found a significant correlation between a [person's mental wellness and the amount of time they are spending staring at a screen](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9107890/#:~:text=Many%20studies%20found%20significant%20correlations,online%20games%2C%20and%20computer%20use.). So, set limits around your screen time. You won't regret it.

### 5. Take Care of Your Physical Health, too.

Taking care of your physical health will have positive effects on your mental health, as well. So, make time for:

* Exercise
* Eating enough and eating well
* Getting enough sleep
* Taking your vitamins
* Going to the doctor when you feel unwell

### 6. Know When it's Time to Seek the Help of a Mental Health Professional

If you are experiencing mental health problems, it may be time to contact a mental health professional. A few common signs of mental health issues can include:

* Consistent, intense feelings of sadness, guilt, worry, fear, or anger
* Significant changes to your eating or sleeping habits
* Irritability and severe mood swings
* A loss of interest in hobbies
* Social isolation
* Substance abuse
* Cognitive struggles, like difficulty focusing, remembering, or thinking
* Thoughts about death or suicide

If you do not feel like yourself, you may need to talk to your doctor or a mental health professional. Maternal mental health is crucial to the well-being of your family and you!

If you would like to speak with a trained and professional therapist, we are here for you. [Reach out to us today!](http://michiganpsychologicalcare.com/contact.php)

**References**

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