
Apply Your Internal Sunscreen

MENTAL HEALTH NEWSLETTER



Sunshine and Self-Care

Just like we use sunscreen to protect our skin from the sun's harmful rays, we can also use "internal sunscreen" to guard our mental health. As parents, you play an important role in helping both yourself and your child build healthy habits that support emotional well-being.

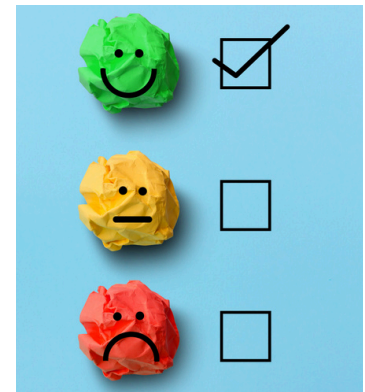


What Is "Internal Sunscreen"?

Psychiatrist and author Dr. Judith Orloff introduced the idea of "internal sunscreen" to highlight the importance of protecting our mental health just like we protect our skin. Research shows that taking care of our mental health improves quality of life, boost productivity, and strengthens our ability to handle stress and anxiety.

Keep Your Chin Up

Parenting can be an incredibly challenging experience, and it's normal to feel overwhelmed at times. It's important to remember that you're doing the best you can, and that's something to



be proud of. No parent is perfect - mistakes happen, and they're opportunities for growth. Don't forget to celebrate your successes, no matter how small. By focusing on your own mental health and supporting your child, you're setting a great example and creating a strong foundation for your family. Keep up the great work!

Featured articles

Tips to on how to keep both you and your child's mental health in check:

Take breaks: Taking breaks is essential, especially during busy or hot days. Encourage your child to step away from screens and spend time outside. Don't forget to take breaks for yourself, too, and find time to relax and do things you enjoy.

Practice mindfulness: Mindfulness is a technique that involves being present in the moment and fully engaged in what you're doing. Encourage your child to practice mindfulness by taking deep breaths or engaging in other relaxation techniques. Additionally, try to practice mindfulness yourself by taking a few minutes each day to focus on your breathing.

Stay active: Physical activity boosts mental health. Get your child moving through activities like swimming, hiking, or sports. Stay active yourself by finding enjoyable activities that keep you both healthy and energized.



Connect with others: Social connections are important for mental health. Encourage your child to connect with their friends and participate in social activities. Additionally, make sure you are connecting with others by making time for family and friends.

Seek professional help: If you or your child are experiencing mental health issues, don't hesitate to seek professional help. A mental health professional can provide support and guidance on how to cope with mental health issues. Resources such as the National Alliance on Mental Illness (NAMI) or Mental Health America (MHA) can provide information on how to access mental health services in your area.



Emotional Response & Reflection

Begin Course

Take a no-cost course at [ParentGuidance.org](https://www.parentguidance.org)

Take this course to turn emotional challenges into empowering insights and healthier relationships

For helpful parenting resources visit: [ParentGuidance.org](https://www.parentguidance.org)



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