

# Mental well-being tips for Mums

It's OK to not be OK -  
Moments of vulnerability don't  
take away your SuperMum status!



Talk to other Mums -  
Don't do it all alone.  
Talking to others who know how  
you feel can be a form of therapy.

Limit news & social media -  
Having the news on all day can create  
extra anxiety for you and your kids.  
Why not stick to one update a day?



Remember your own mum -  
or another who gives you strength.  
Draw on this when things feel tough.

