

Well-being Tips

for Parents and Caregivers

Parents and caregivers are often reminded that self-care is important, but as responsibilities and seasonal events pile up in May, that can feel unrealistic. You do so much for your family. God sees your efforts, and your well-being matters for both your family's sake and your own. We hope these tips can encourage you this month.



Physical and Mental Health: May is Mental Health Awareness month! While parents this month often are encouraged to think about their children's mental health, May offers an opportunity to consider your own well-being, too. Take a few quiet minutes to reflect on how you have been feeling in recent weeks. What comes to mind? Do you need any added support this month?



Spirituality: The Church sets aside May to honor Mary, the mother of our Lord. She understands well the joys and the difficulties of parenting! In your own prayer and reflection this month, remember that you can turn to Mary and ask for her prayers for you. She can intercede for you, not only in your role and vocation as a parent, but also as a spiritual mother who cares for and loves you.



Community: May and June are filled with community and family celebrations. While these gatherings and celebrations fill calendars and to-do lists, they also can offer opportunities to connect with family, friends, and parish and school communities. These connections can buoy parents and caregivers during busy seasons. As you prepare for events this month, is there anyone in your parish or your child's school community with whom you would like to connect? Building friendships with parents in similar stages can help reduce the stresses of parenting. Time shared with friends and family can build perspective and community bonds.