

How To Overcome Your Bipolar Disorder And Depression As A Parent

It can be tough for a parent who has depression to manage the household. Not only do you have to take care of the kids, you also have to deal with your issues. Sometimes your depression, bipolar disorder or your fears can interfere with your job as a parent. What can a parent do to get better? The first step is that you should talk to a professional who can get you started in the right path of getting better. Getting help from a counselor is very important and can provide you much help and insights in dealing with your current problem. In addition, here are some techniques a parent can use to help manage their fears and depression. Learn to manage your depression and taking care of the kids at the same time. Parenting is a 24-hour job and so is taking care of your mental health. If you become overwhelmed ask your spouse or other family members for help. Learn to share the responsibilities in the household. Communication with the other members of your family is very important. Learn to manage your negative thinking. Instead of focusing on your anxious thoughts try to think of something positive. Read a short book or read some affirmations that will make you feel better. Remember not to dwell on your depressing and fearful thoughts. Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things. Be able to organize your daily activities so you do not become overwhelmed. Set some time to reduce your anxiety and stress when you are not taking care of the kids. If the kids are at school, take a walk or do something enjoyable that will make you happy and relaxed. Taking a break can help you refocus on your current problems and anxieties. It is not easy to deal with your depression and fears. Once you get some help from a professional, things should become easier. Remember that there is hope for you and there are ways to deal with your fears as a parent. Just be patient and not give up.

About the Author

Stan Popovich is the author of, *A Layman's Guide to Managing Fear*, an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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