

Tracey Callaghan @ Resilient Mind Growth

Parenthood Loneliness Tips

www.resilientmindgrowth.com

Tip 1

Name It Without Shame



Say out loud how you feel: The act of speaking can reduce anxiety associated with loneliness. Naming our feelings separates them from our body and is an evidence-based therapeutic technique!

Tip 2



Build Small Real Connections Gradually

Sometimes a text, quick chat, or meetup for 15-
mins helps build motivation slowly
to reconnect with others.

Tip 3

Protect Your Non-Parent Identity

This is a BIGGY and helps you not feel like a zombie! Carve out little rituals or time to dedicate time to you. Try podcast during walks with the pram, a quiet coffee, an activity you can do during nap time.



Tip 4



Talk

I know it can seem daunting but try telling your partner, parent, sibling, friend how you're feeling.

You're not insignificant to someone in your life, find that person, talk, and they'll then know you need more love, support, connection, understanding.

Tip 5



Use Mental Health Services

- PANDA: <https://www.panda.org.au/>
- Tresillian: <https://www.tresillian.org.au/>
- Visit your GP
- Book a session with a counsellor

Tip 6



REPEAT

Prioritise Consistency Over Intensity

Overcoming loneliness doesn't have to be a big feat. It really is about doing little things consistently in small doses. Be easy on yourself.



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Thank You for Swiping Through!

Your parenting journey is unique, and every
step counts. You're not alone!

Stay consistent, stay motivated, and stay
strong!

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