Well-Being For Stuck Parents

"It takes a village to raise a child", except it's not always possible if you are a Stuck Parent trapped in a foreign country without your support network, family and friends. This lack of support can cause poor mental health. GlobalARRK's research has shown that being a stuck parent is, in itself, a risk factor for developing depression anxiety and PTSD.
https://www.globalarrk.org/wp-content/uploads/2024/06/Mental-Health-Report-07062024.pdf

So, here are 5 proven ways we can improve our well being. Maybe challenge yourself to do one thing every day?

1. Connect - feel that connection with the world

- Reach out to others - try to get involved in your local community
- Connect with other stuck parents through our online peer support groups and befriending

2. Be active - keep fit

- Get outside and explore your local area with your children
- Do some exercise: Yoga is known to help with mental health, and there are many free resources to get started on YouTube and online.

Recovering from abuse

- Learn about domestic violence, narcissism and toxic relationships if relevant - local women's centers, online groups, libraries are good resource.
- Talk about your situation with friends you really trust.
- Find a good psychologist and lawyer. Don't invest any energy in what your ex is doing or has (money, girlfriends etc).

3. Mindfulness - take notice

- Gratitude diary - every day write three things that you are grateful for big or small
- Make a scrapbook/ photo journal - You can just take a photo of something interesting every day or make a scrap book of things that you see.

4. Keep learning - embrace new experiences! See opportunities and surprise yourself!

- Open University - free adult courses and qualifications https://www.womensaid.org.uk/information-support/the-survivors-handbook/
- Explore the world - https://www.womensaid.org.uk/information-support/the-survivors-handbook/
- Improve your language skills

5. Give - your time, words or presence

- Volunteering - many areas will have volunteering opportunities and its a great way to boost your CV after a career break raising children
- If you would like to help other Stuck Parents – we're always looking for UK based volunteers.