

# Protecting Your Mental Health During the Pandemic

The pandemic has been hard on parents, especially those with children who have complex medical conditions. Worrying about the health of your kids, navigating doctor's appointments under social distancing restrictions, and dealing with additional financial stress is bound to strain your mental well-being. To help you protect your mental health during this tough time, Sophie Letts of [Meditation Help](#) has put together the following list of resources.

## Talk to Someone

Social support is invaluable to caregivers of children with special health needs. Reach out to people in your personal network and don't hesitate to speak with a professional if you need additional support.

- Connect with [friends and family](#) members over video chat.
- Speaking to a professional counselor or [therapist](#) can also be incredibly beneficial.
- If you qualify for Medicare, your coverage will [help you pay](#) for certain mental health services.

## Practice Self-Care Daily

When you're caring for a child, it's easy to neglect your own needs. Take simple self-care actions every day to keep yourself healthy and mentally resilient.

- Try to get out of the house for some [fresh air and exercise](#). It's completely safe to go walking in areas that aren't crowded.
- Eat [healthy](#), clean foods that will fuel your brain and keep your body energized.
- Do what you can to get at least seven hours of [sleep](#) every night—you'll feel much more prepared to cope with stressors during the day!

## Try Natural Stress-Busting Techniques

If you're feeling particularly stressed right now, pick up a mind-body practice like yoga or meditation to help quiet those racing thoughts.

- [Progressive muscle relaxation](#) is an effective way to reduce tension in the body.
- Yoga is great for the [mind and body](#), helping to alleviate stress and ease stiffness.
- Pick up a [mindfulness meditation](#) practice to improve your emotion regulation skills.

Being a parent to a child with complex medical conditions is difficult during the best of times. Navigating the complexities of caregiving has become even more challenging under the coronavirus and the subsequent lockdown. While we ride out the rest of the pandemic, find ways to cope, whether this means picking up yoga or talking to a therapist.

*Are you caring for a child with complicated medical concerns? Check out these [resources](#) from Eliana's Light to access support and helpful services.*