



Looking after you and your family

Option 1

With Christmas and Hogmanay behind us, the start of the New Year can sometimes feel a little flat 🐱. Parent Club have lots of simple, low-cost things you can do to boost you and your family's wellbeing this winter.

Visit Parent Club's Winter Wellbeing Hub for top tips on...

- 💜 Starting the New Year in an optimistic frame of mind
- 🧡 Looking after yourself and your family this winter
- ❤️ And lots more...

➡️ www.parentclub.scot/articles/looking-after-yourself-winter

[#ParentClubTips](#)

[#WinterWellbeing](#)

[#JanuaryBlues](#)

Option 2

Feeling a bit flat after the festive season? 🎄 ➡️ 🐱. Parent Club has plenty of simple, low-cost ideas to brighten up winter and boost your family's wellbeing! ❄️ ❤️

➡️ www.parentclub.scot/articles/looking-after-yourself-winter


Asset – static





Sources of support


Option 1

There can be a lot of pressure in January, to set targets and make changes. If you already feel low or anxious or if you are worried about your family's health, wellbeing or finances, this pressure can sometimes make these worries seem even bigger.

Parent Club have lots of wellbeing tips for you. Check out their website here  parentclub.scot/topics/wellbeing-and-mental-health

Option 2

If you feel that everything is getting too much, remember, you're not alone. Talking to someone else  a partner, family member, friend, GP or someone from a support organisation, can make all the difference 


Parent Club's Family Support Directory brings together helpful organisations and information that support parents and carers, no matter what your situation or age of your child is  parentclub.scot/family-support-directory

[#ParentClubTips](#)

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Option 3

January can feel overwhelming with all the pressure to set goals and make changes. If you're feeling low, anxious, or worried about your family's health, wellbeing, or finances, you're not alone. 

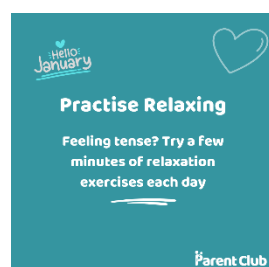
Find wellbeing tips at ParentClub.scot

→ parentclub.scot/topics/wellbeing-and-mental-health

Asset – short moving asset



Asset – Tip boxes



Handy web page links

Parent Club have some simple tips to help reduce stress, anxiety and support parents' mental well-being. We also have some top tips to help parents stay positive and maintain a healthy mindset. Check out these handy links below:

- [Looking after yourself in winter | Parent Club](#)
- [Mental Health & Wellbeing | Parent Club](#)
- [Dealing with negative thoughts | Parent Club](#)