



Practise Good Mental Health

Towards A Happy & Harmonious Family



PARENTS MUST STRIVE TO ACHIEVE MARITAL AND FAMILY HARMONY

1 Assume A Parental Role

- Provide adequate basic needs for the family. Live within your means



- Live comfortably together as a family with lots of caring and sharing
- Practise good parenting skills when dealing with children
- Be good role models

"Practise what you preach"



2 Practise Effective Communication Skills (With Your Spouse, Children, Relatives And Friends)

- Choose your words carefully and respect others
- Be a good listener

"Learn to listen so that others will speak, and learn to speak so that others will listen"



3 Establish A Healthy Family System

- Create time for the family to get together and talk
- Organise and participate in family activities

"A family that spends time together, stays together"

4 Create A Positive Home Environment

- Learn to live with negative people without being negative yourself
- Keep relationships as happy as possible, especially with your spouse and children
- Resolve misunderstandings and conflicts as soon as possible

"One happy home leads to many happy hearts"



5 Be Open In Expressing Your Love For Your Spouse And Children

- Say "I love you" and "I care for you" to your loved ones
- Practise hugging to show your love
- Give greeting cards and notes to your loved ones as often as you can

"A hug a day will brighten your way"



Coping Skills

Normally, marriages usually undergo various levels and forms of marital and family conflicts. Couples who are more aware and ready to face such challenges will be able to cope better. This will reduce the emotional impact of the conflict.



Learning effective coping skills will help you in dealing with marital conflicts and reduce marital discord.

Utilise resources from within and outside the family system to meet the demands, needs and expectations in daily life.

Practise other coping skills such as praying, meditating, breathing exercises, relaxation techniques, physical exercises and use humour to reduce stress in the family.

Family Problems

- Analyse the problem to see whether the situation can be changed or not

If the situation can be changed

- Define the problem
e.g - The children are not interested in schooling
- Seek alternatives to solve the problem
e.g - Talk to the children's teacher.
 - Find out the problem faced by the child.
 - Seek professional advice
- Choose alternatives to implement and follow through

If the situation cannot be changed

- Identify the problem
e.g - Death in the family
- Rephrase its meaning
e.g - Telling yourself that death happens to everybody.
 - It is a natural process.
 - A loved one has gone to a better place



Parents with good mental health are able to interact harmoniously with their spouse, children, other family members, neighbours and the community. Even though no household is perfect, every parent aspires for a harmonious family life.

Marital and family conflicts, if not resolved, will lead to emotional tension and other disturbances in the family.

It is important that husbands and wives disclose their true selves, as well as share their thoughts and feelings. Mutual caring and understanding in the family means that parents need to learn to give and take among themselves and their children.

Love needs to be nurtured between parents and amongst family members so as to achieve and maintain family and marital happiness. In this way the household becomes a supportive environment essential for good parent-family mental health.



Mental Health Of Parents





Deal With Your Emotions

- **Share your feelings with trusted and loved ones**
- **Build up your spiritual strength**
e.g. praying, reciting of religious verses or meditating
- **Engage in self-talk**
As a way of coping with emotional distress, repeat positive statements such as "I am good", "I can" and "I am lovable"
- **Do not say or do things while you are angry**