

BREAKING CYCLES, BUILDING STRENGTH: SUPPORTING BLACK PARENTS' MENTAL HEALTH

WEBINAR TIP SHEET

REPLAY LINK: [HTTPS://VIMEO.COM/1062866104](https://vimeo.com/1062866104)

Prioritize Self-Care & Boundaries

Self-care is a radical act of self-love. You can't pour from an empty cup, so take time to rest and recharge.

Learn to say "No" and set healthy boundaries with family, work, and community.

Give yourself grace—parenting is tough, and generational trauma adds layers of complexity.



Break Generation Cycles with Awareness & Support

Acknowledge your childhood experiences and their impact but know that resilience is possible.

Foster positive experiences for your children and yourself.

Seek culturally relevant support to navigate mental health challenges together.

Help to end the stigma around mental health care—seeking professional help or using medication when necessary is not a weakness but a valuable tool for overall wellness.



Encourage Vulnerability & Emotional Wellness in Children

Help children feel safe expressing their emotions. Allow children to express their feelings without judgment.

Teach healthy coping strategies instead of dismissing emotions as "bad behavior."

Change the language—ask "What happened?" instead of "What's wrong with you?"



Build & Lean on Community for Strength

Find support in faith, friendships, and community networks.

Engage in nature, movement, and holistic well-being (vitamins, fresh air, and accountability).

Recognize that healing happens together—extend grace and understanding to others.

