

# Apply Your Internal Sunscreen

Mental Health Series



## Here Comes Summer

As we approach the summer months, it's important to remember that just as we take measures to protect our skin from the sun's harmful rays, we should also prioritize protecting our mental health. As parents, you play a crucial role in not only maintaining your own mental well-being, but also helping your child do the same. In this newsletter, we will discuss the importance of "internal sunscreen" and provide you with tips on how to keep both you and your child's mental health in check this summer.



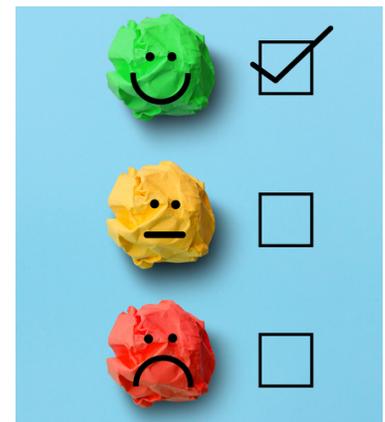
## What Is "Internal Sunscreen"?

The term "internal sunscreen" was coined by psychiatrist and author

Dr. Judith Orloff. She uses this term to describe the importance of taking care of our mental health in the same way we take care of our physical health. Just as we apply sunscreen to protect our skin, we need to take proactive steps to protect our mental health. Research has shown that taking care of our mental health can have a positive impact on our overall well-being. A study by the World Health Organization found that people who had good mental health had a better quality of life, were more productive, and were more likely to contribute to their community. Additionally, taking care of your mental health can help you better cope with stress and anxiety.

## Keep Your Chin Up

Parenting can be an incredibly challenging experience, and it's normal to feel overwhelmed at times. However, it's important to remember that you are doing the



best you can, and that in itself is something to be proud of. Being a parent is not an easy job, and it's okay to make mistakes and learn from them. It's also important to recognize and celebrate your successes, no matter how small they may seem. So don't lose hope, and remember that you are doing an amazing job. By prioritizing your mental health and helping your child do the same, you are setting a positive example and creating a supportive environment for your family to thrive. Keep up the good work!

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# Featured articles

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## Here are some tips on how to keep both you and your child's mental health in check this summer:

**Take breaks:** It's important to take breaks throughout the day, especially during the summer months when the weather can be hot and tiring. Encourage your child to take breaks from their electronic devices and spend time outside in nature. Additionally, make sure you are taking breaks as well and finding time to do things you enjoy.

**Practice mindfulness:** Mindfulness is a technique that involves being present in the moment and fully engaged in what you're doing. Encourage your child to practice mindfulness by taking deep breaths or engaging in other relaxation techniques. Additionally, try to practice mindfulness yourself by taking a few minutes each day to focus on your breathing.

**Stay active:** Exercise is an important aspect of mental health. Encourage your child to stay active by engaging in physical activities like swimming, hiking, or playing sports. Additionally, make sure you are staying active as well by finding activities you enjoy.

**Connect with others:** Social connections are important for mental health. Encourage your child to connect with their friends and participate in social activities. Additionally, make sure you are connecting with others by making time for family and friends.

**Seek professional help:** If you or your child are experiencing mental health issues, don't hesitate to seek professional help. A mental health professional can provide support and guidance on how to cope with mental health issues. Resources such as the National Alliance on Mental Illness (NAMI) or Mental Health America (MHA) can provide information on how to access mental health services in your area.

In conclusion, just as we protect our skin from the sun's harmful rays, it's important to protect our mental health by practicing "internal sunscreen". As parents, you play a crucial role in helping your child prioritize their mental well-being, and the tips and resources outlined in this newsletter can help you achieve that goal. Remember to take breaks, practice mindfulness, stay active, connect with others, and seek professional help if needed. By prioritizing mental health this summer, we can all enjoy the season to the fullest.

Stay safe and take care!



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