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8 Worst habits of single mothers that can damage their mental health

Single mothers always have to multitask as there are many responsibilities on their shoulders. But while taking care of those things, they may make certain mistakes that can affect their mental health. So, Psychologist, Dr. Malini Saba, Founder and Chairman of Saba Group, talks about the worst habits of single mothers that can impact their mental health.

Written By Pinkvilla Desk | 97495 reads | Mumbai | Updated: May 2, 2021 11:59 am

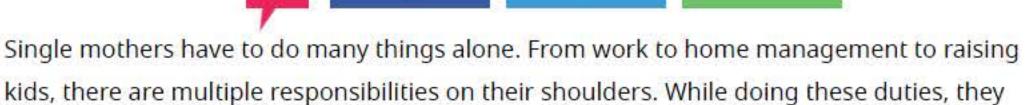


8 Worst habits of single mothers that can damage their mental health





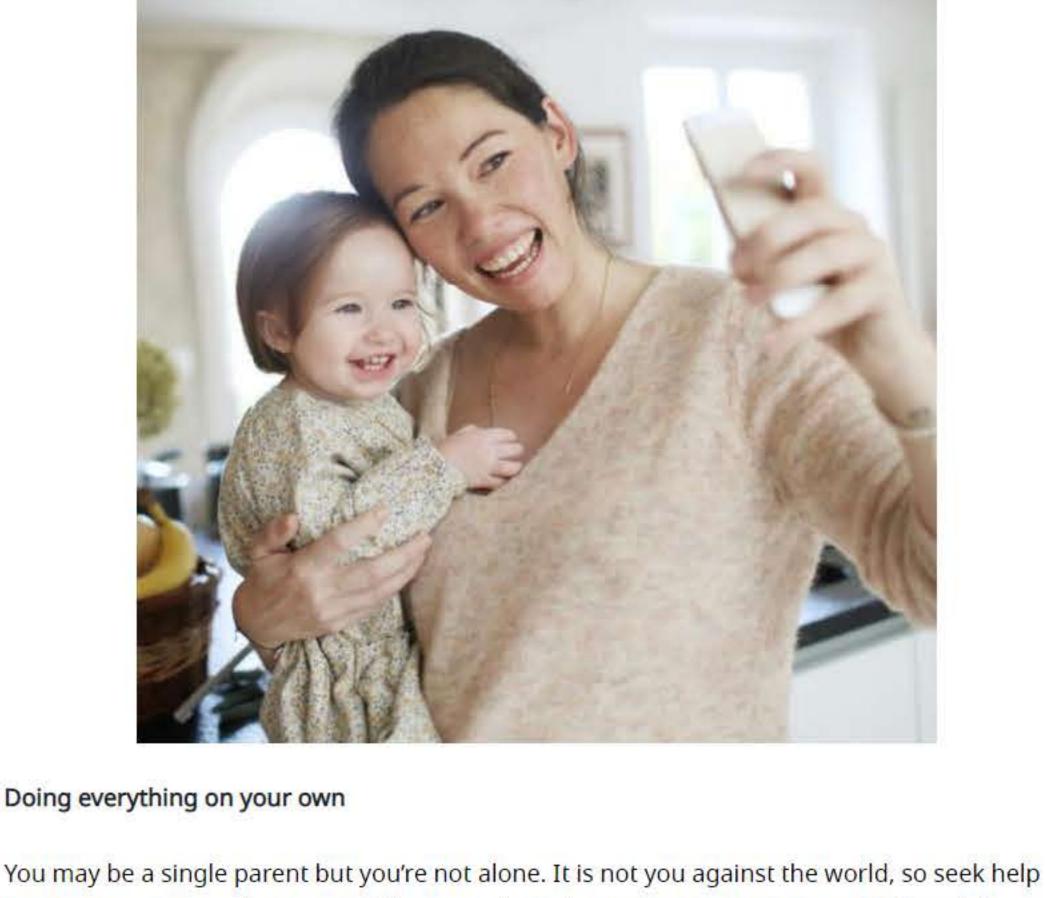




often neglect their mental health. As a result, they get stressed out, anxious, face exhaustion or depression. So, Psychologist, Dr. Malini Saba, Founder and Chairman of Saba Group, talks about 8 worst habits that are damaging for the mental health of all single mothers. Not paying attention to yourself The first instinct of a mother, especially for a single parent, is to give her child everything. But

since, one portion of love from his father is being neglected, so it may create guilt in you and

take a toll on you. As a result, you try to give your child everything neglecting yourself. This should not be the case. Pay attention to yourself as well.



from your parents, relatives, neighbours and single parent support groups which could not only help you raise your child easily, but also ward off the feeling of loneliness.

Not seeking professional help Extremely understated and under-utilised, we often forget that there are trained professionals we can seek help from. Be it a divorce or death, therapists know exactly what to do and can

help single mothers tremendously. Not having a routine

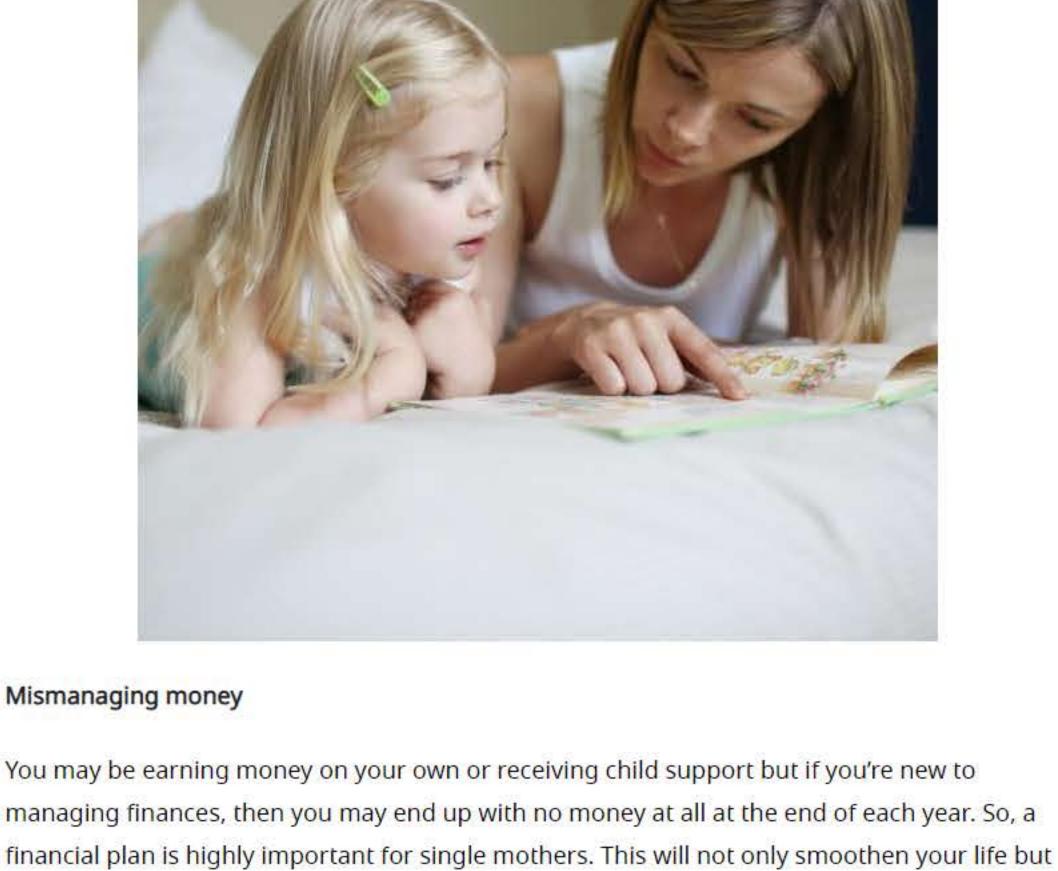
You are not maintaining a routine and this is one of the worst mistakes that a single mom can commit. Keep yourself stuck to a proper routine. From having meals, working to sleeping, exercising and spending time with your child, everything should routine wise.

Not giving yourself the time to grieve

bottling it up or delaying it.

Everyone grieves and rehabilitates at a different pace, but it is crucial not to avoid or skip this

process by force. Again, seek therapy that can guide you through this process rather than



will also help you in savings.

Children can withdraw from emotions just like adults. So, establishing constant communication with your child will avoid long-term mental trauma for a single mother.

Reeling from a devastating life incident can leave you feeling negative constantly but you must

Being negative and complaining

Not communicating with your child

fight it. So, do not complain about your ex-husband to your children or engage in other pessimistic behaviour as it could be detrimental to your mental health.



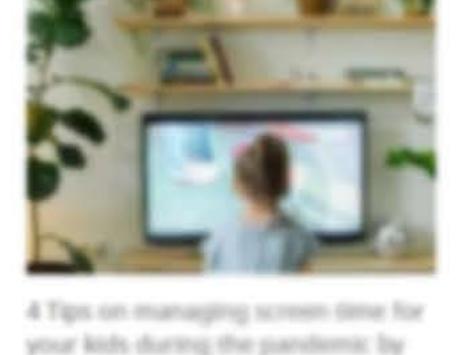


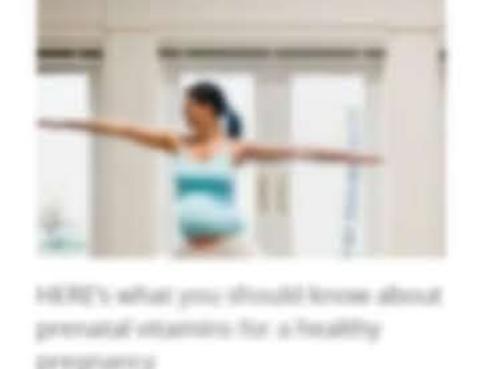
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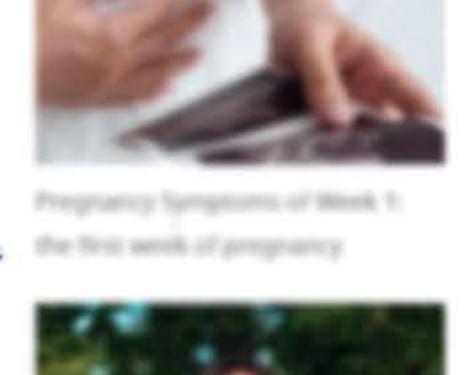
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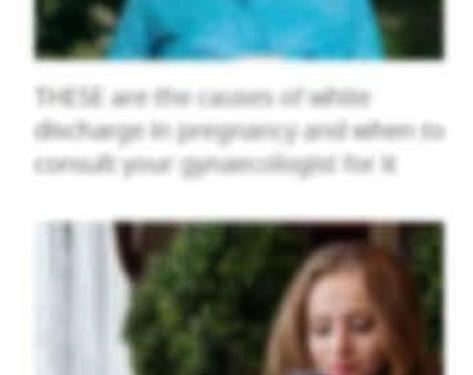












any tips, for the right kind of parenting for your tren-

