






RESILIENT DAD
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MODERN DAD'S MENTAL HEALTH OVERLOOKED



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WHY A MODERN DAD'S MENTAL HEALTH IS AN OVERLOOKED AND RAPIDLY EXPANDING PROBLEM IN THE MODERN WORLD

Most guys find it difficult to maintain a smooth rotation of all the plates on their poles. Compared to the fathers of our predecessors, the modern dad does a lot more. Dads are defying "manly" expectations and engaging in behaviours that our great-grandfathers would certainly find amusing. Dads nowadays are fighting to keep up with life's expectations, which is not surprising when you factor in their professional obligations and house and vehicle maintenance. The emotional health of dads is deteriorating and, to be very honest, is being neglected. Recent studies have shown that as dads' mental health deteriorates, so does the standard of their co-parenting interactions.



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WHAT DIFFICULTIES DO MODERN DADS HAVE WITH THEIR MENTAL HEALTH?




It goes without saying that a busy dad's mental health can suffer. The demands of being a busy father cannot be avoided. Here are a few reasons why modern dads suffer from increasing mental health and stress issues.



- Men seek care, less frequently. This refers to the deeply embedded societal ideals about what it means to be a man and how males are "supposed" to feel and act. Boys and teenagers hear "walk it off" and "man up" from an early age. Expressing feelings is a sign of weakness, they are told, sometimes overtly and sometimes implicitly. This causes them to develop into fathers who have trouble recognizing, expressing, and controlling their thoughts as they grow up and become men.
- In terms of mental health physicians, men have slightly fewer options. Men and boys have various gender-specific concerns that need to be addressed, but clinicians are sometimes ill-equipped to handle the intricacies of working with them. Since men don't seek therapy at the same rate as women do, the majority of therapists working in the field of mental health are nearly exclusively trained with female patients. There are fewer options available to men, and those that are available might not be the ideal fit for their needs.



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- Each year, a sizeable percentage of men experience depression. They become bored with their jobs, become agitated, exhausted, and feel unworthy. With the majority of fathers having prenatal sadness and some experiencing perinatal anxiety, males specifically face even more uncommon mental health issues.






Given these obstacles, we must recognize the importance of fathers' mental health and inspire all men to seek help when they need it for their mental health.

A CONSIDERATE GUIDE FOR MODERN DAD'S BETTER MENTAL HEALTH

The lack of encouragement fathers receives to take care of their mental health has already been mentioned. That must alter immediately. Here are some methods fathers can use to protect their mental health, from awareness and education to practical self-care techniques. For you and your family, we ultimately want you to be a role model for yourself.



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TRANSPARENCY AND COURTESY IN CONVERSATION

As parents frequently put the demands of the family above their own. That has the potential to send them spiralling downward if it persists. Regular family gatherings can also aid in adjusting tasks and coordinating expectations. By doing this, a space is created where people may talk openly about their wants, obligations, and future goals.






ADAPT THE RULES AND LIMITATIONS

Fathers sometimes face a lot of pressure to protect and provide for their families. However, these unreasonable expectations and undefined boundaries might harm one's mental health. The belief that "I'm not going to do a decent enough job anyhow, so why even try" might result from having unachievable aspirations. Alternately, it could cause overachieving tendencies that result in burnout. So, the first thing to do is to deal with the stress-causing expectations. Recognize that you don't need to be flawless or an expert in all things. It's acceptable to seek advice and ask inquiries. Set clear boundaries between your home and business.



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MAKE YOURSELF KNOWN TO YOUR FAMILY

Fathers play a crucial role in a child's emotional development, just like mothers do. Therefore, it is vital to include family time to maintain the long-term consciousness of the entire family. That's because positive parent-child connections help kids maintain positive behaviours and manage their emotions. Long-term stress is subsequently decreased as a result.






PLAN OUT REGULAR "ME TIME"

Self-care may seem difficult to fit in with all the obligations of work and family. But dealing with parental difficulties in a productive manner is part of overcoming obstacles. Set aside half an hour each day to engage in fun or restorative activities. This could be having a hot shower, reading a novel, or going for a jog around the area. It doesn't appear to be much. However, these pursuits manage our stress.



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LINK UP WITH OTHERS

All through your journey as a dad, you're likely to experience feelings of caregiver frustration, grief over leaving your former life, and financial stress. This can be very lonely, especially if you're expected to stand your ground and fight your own battles. But studies show that getting emotional support reduces how stressful and painful things seem to be. In other words, having support from others helps us deal with difficult situations better. Try chatting with other dads or new parents in addition to your partner because they're probably facing comparable difficulties. So, while picking up your child from school, strike up a discussion. A smart place to start is also a Facebook parent group.






Finally, as the world gets faster-paced, males are experiencing an increase in mental health difficulties. The pressure of obligations and societal expectations for males to perform well is challenging to handle. Giving men a safe space in which to be vulnerable and at ease, while discussing and working on their mental well-being is crucial. It's important to encourage men to talk about their mental health and not to make this a taboo subject.

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