

Single Parenthood and Depression: Kid-Friendly Ways to Feel Better

As a single parent, it's not always feasible to go to therapy each week. Therapy can be expensive and time-consuming, leaving fewer of your resources for your children. However, depression is something many single parents struggle with and, if left untreated, it can become a serious concern leading to [addiction](#) or suicidal thoughts. Fortunately, depression is treatable with lifestyle changes.

Of course, some forms of depression will require medication and counseling. Yet even in these more severe forms, a few beneficial lifestyle changes can help. Here are a few kid-friendly ways to lift your mood and battle depression.

Add More Color to Your Diet

The wider the array of color in your diet, the healthier and happier you will be. You may want to consider getting tested for any deficiencies in your diet as even a single low level can contribute to depression. Each different color is rich in its own necessary [nutrient](#) while adding the benefit of fun, exciting colors for your kids. Healthy foods can be kid-friendly while uplifting your mood at the same time.



For particularly hesitant kids, try purchasing cookie cutters, turning their foods into exciting shapes. It might make your night fun too!

Try Out Kids' Yoga

Exercise is one of the best ways to improve mood and mental wellbeing. However breaking away from your kids for a day at the gym is not often an option. Instead, you may want to consider pulling up a [kids' yoga video](#). Kids' yoga is a fun, uplifting way for the whole family to get exercise and have fun together. Furthermore, yoga is a perfect combination of meditative thought and physical exercise, making it an ideal way to combat depression.

Borrow Your Kids' Coloring Books

[Coloring](#) is a good way to focus on an enjoyable activity and can actually function as a form of meditation. Spending some time coloring with your kids is a fun way to bond, relax, and feel better. Adult coloring books are even making an appearance in many stores. However, the designs found in adult coloring books are extremely complex and time-consuming with the books costing far more than the average children's coloring book.

If you prefer a complicated design that takes some time to finish, it may be worth your while to purchase an adult coloring book. But if you prefer to casually color, it makes more sense to borrow a page from your kids.

Adopt a Dog

Though single parenthood is hard and the last thing you want is another thing to take care of, dogs are actually [very effective](#) stress and depression reducers. It may not be a great decision for families with young children, but if your kids are old enough to help out, getting a family pet is a great way to bring happiness to all. It is best to adopt an adult dog who is already trained to avoid the stress of a new puppy.

Depression is something many people deal with. While it can lead to very serious consequences such as addiction, suicidal thoughts, unhealthy coping tactics, and other side effects, it can also be very treatable. The best way to prevent these consequences is to start early treatment.

When symptoms of depression hit, options include altering your diet, exercising more, finding a relaxing hobby such as coloring, or maybe even taking a trip to the local dog shelter. However, it is important to note that depression can be quite severe and debilitating. Regardless of the severity, if you do begin to experience depression and its symptoms, seek help from a medical professional. While the activities I've outlined can certainly help, they shouldn't be used as substitutes for receiving care from a doctor, therapist, or other counselor. Often, the best treatment for depression requires many approaches.

Sarah Lockwood is a concerned parent and former social worker. Having worked with the public for decades and after watching her own daughter struggle with addiction, Sarah knows all too well the devastation that can be caused by drug and alcohol abuse. Sarah's daughter is now in recovery, but her experiences with substance abuse inspired Sarah to get involved with ThePreventionCoalition.org. She plans to spread awareness and support through her work for others dealing with addiction. While Sarah devotes a lot of time to the Coalition, she makes sure to relax and enjoy the small things in life, as every day is a gift.

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