



How Everyday Conversations Can Boost Family Well-Being

Families today encounter many mental health challenges, and it can sometimes feel overwhelming to keep everything balanced at home. Fortunately, the simplest and most powerful way to boost your family's mental health is both free and available to everyone: start having open, honest conversations about mental health.

A Shared Mental Health Journey

Parents' mental health plays a key role in shaping their child's well-being. Children who struggle with sadness or anxiety often have parents facing similar challenges. The emotional climate at home influences how children cope with stress and build resilience. When parents care for their mental health, it creates a supportive environment that helps children feel safe and understood.

Why Mothers Often Carry More Emotional Load

Mothers often face the heaviest mental health burdens in families today. They tend to be more attuned to their children's emotions and handle many caregiving and household duties alongside work. Mothers absorb family stress and emotional dynamics more than fathers do, increasing anxiety and depression. Yet, they are uniquely positioned to foster open emotional communication within the family unit.

Modeling Healthy Emotional Expression

Talking about mental health together creates opportunities for support and understanding. Teens today are often more emotionally aware and less stigmatized about mental health than previous generations, so open family conversations can benefit everyone. Saying things like, "If I'm upset, it's not your fault," helps children feel safe and less burdened by adult emotions. These honest discussions also teach children valuable skills for managing their own feelings as they grow.

Finding Purpose to Strengthen Well-Being

Finding meaningful activities that provide a sense of purpose is another powerful tool. Whether it's helping a neighbor, visiting family members or pursuing a personal interest like learning an instrument, purpose supports emotional well-being. It's important to encourage family members, especially teens, to set meaningful goals that can evolve over time. By talking openly, supporting each other, and fostering purpose, families can build stronger mental health together.

BHS provides referrals to qualified mental health professionals that can help. To speak to your designated Care Coordinator about your benefits and options for support call BHS at 800-245-1150.