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Ways to Overcome the Challenges of Single Fatherhood The Importance of Mental and Emotional Health as a Single Parent

By: Daniel Sherwin, February 2021

The perils of single parenthood are many, but for a single father, there are even more. Though mothers are known for doing it all, fathers seemingly go unnoticed in the realm of domestic responsibilities, which makes being a single dad that much more stressful. Taking care of your mental and emotional needs is essential, so here are some tips on coping and gaining some perspective when you're doing it all alone.

Regain Your Balance

As a parent, it's a no-brainer to put your little ones first because, after all, you love them and want what's best for them. However, taking care of others at your own detriment can be your greatest downfall because not only are you not meeting your most basic needs — such as getting enough rest, incorporating healthy eating habits, and establishing an active daily routine — you may not be [nourishing your soul](#).

Self-care diminishes burnout, decreases stress, and helps you to center. Exercise has a profound effect on one's mood, helping to increase endorphins, which elevates feelings of joy. Also, when paired with a healthy diet, you can help raise your nutrient intake by eating the recommended amount of healthy proteins, fats, and carbs, as well as plenty of fruit and vegetables. Alongside a

[deep, restorative sleep](#), you'll also set yourself up for an energy-filled day and will be better equipped to cope with whatever life brings you.

Supplement Your Income

Single parents carry a lot of weight on their shoulders, and [a common concern](#) is income. If yours is a worry, one solution is to start your own sideline. Choose something you enjoy, though, so it isn't an added stress. For instance, if you're a dog lover, you could do some pet sitting. If you prefer something mechanical, fix small engines. If you love languages, become a virtual tutor.

An interest and idea are two key components for business success. You need a few more things, though. Register your business so that it's official and legal and determine whether you need business insurance. [Starting an LLC in Texas](#), you can look forward to having liability protection built-in, but other structures leave you more vulnerable, so insurance becomes a must-have.

Lastly, you should consider marketing your business. A website, some social media outreach, and an attractive logo will go a long way towards a professional presentation and creating customer confidence.

Get Support

A female influence in the form of a sister, aunt, mother, or counselor can help create some guidance for your child that you aren't able to offer. While our society is seemingly bereft of dad support groups, there are a few available. Some dads are relegated to join mommy support groups, and while they can be beneficial, finding camaraderie with like-minded men can do wonders for your self-esteem.

Support is vital for any single parent, and it's especially important to [not bottle up feelings](#) you may be having. If you are feeling stressed out, try talking to someone who can help calm your fears. Men are often taught to hide their feelings, but it's normal to feel emotional about everything that's going on. Managing emotions will help lead you to happiness; thus, laying the foundation for being a successful single parent.

Alternatively, support can also be found in organizations like the Boys & Girls Clubs of the Coastal Bend with programs that [fill the gap](#) between school and home for your kids, giving you opportunities for much-needed me time. Sharing weekends and holidays with the ex also gives you a break from the kids; thus, allowing you to work on projects you've been putting off, as well as having more time to yourself.

Single fatherhood is all about making the right choices and creating an equilibrium that allows you to set the proper foundation for your kids. Though you may feel pessimistic and anxious at times, keep these tips in mind to help guide you in your role as a father.

To learn more about how the Boys & Girls Clubs of the Coastal Bend can help you raise well-rounded kids, [visit the website](#).