

# 10

## Tips to overcome parental burnout

Balancing the invisible load of life and parenting can often lead to burnout.

Check in with how you're feeling\* and use these quick reference tips and private journal space to keep burnout at bay.



**Parent list**

# Signs and symptoms

Some of the most common symptoms of burnout



✦ Exhausted

✦ Numb

✦ Withdrawn

✦ Overwhelmed

✦ Irritable

✦ Empty

✦ Detached

✦ Stomach aches

✦ Headaches

# 10 ways to overcome burnout

Start small: Try integrating a tip or two into a new routine

## 1. Breathe

Recentre yourself and calm your mind with slow, deep breaths.

**Try:** Inhale, exhale, for 1 minute or more.

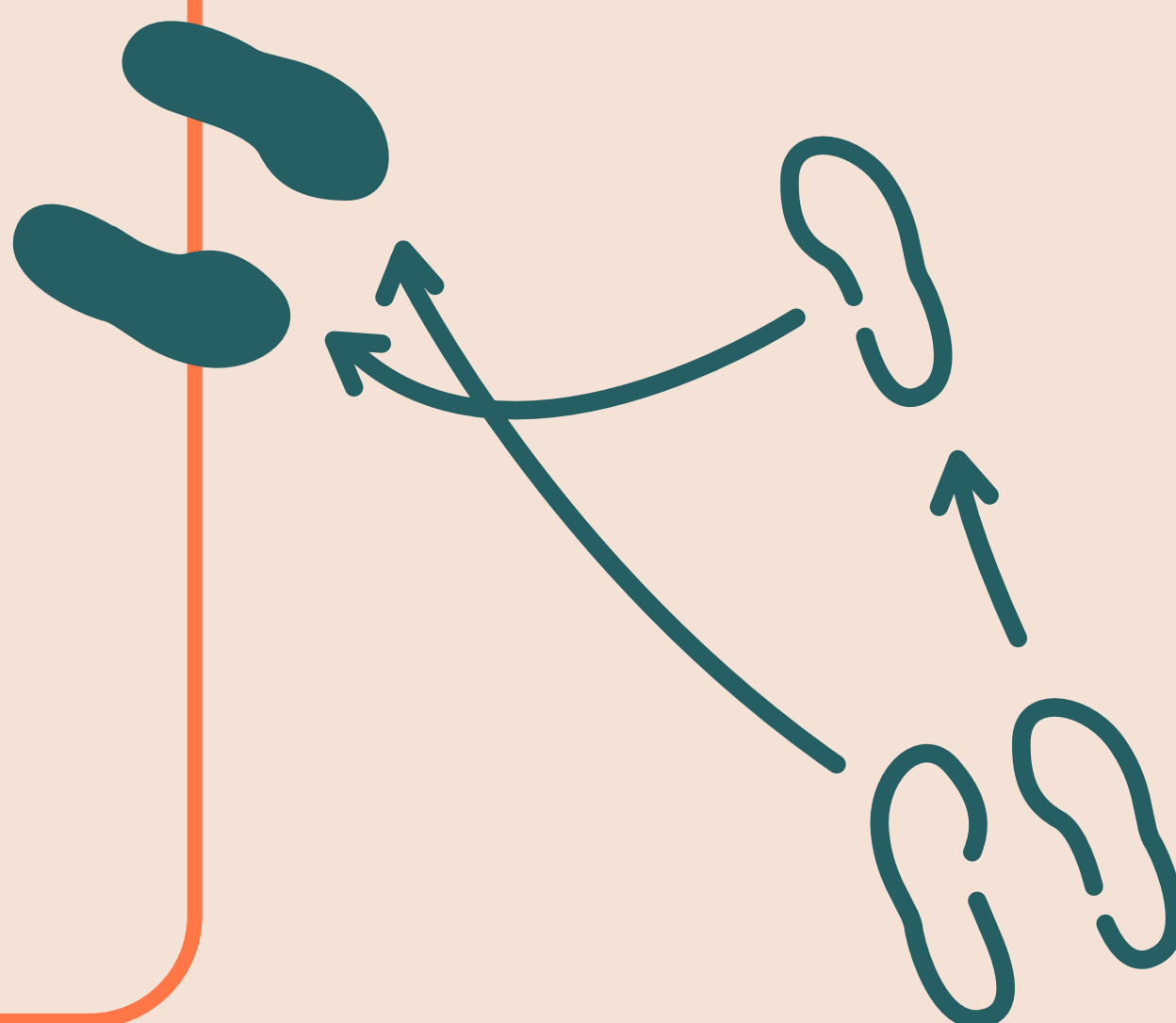
## 2. Journal

Release chaotic, jumbled thoughts.

**Try:** Use the prompts on p6 to help you.

## 3. Energise

Refresh with a walk, a dance or some gentle movement to release negative tension.



## 4. Sleep

Introduce a relaxing, deep sleep-promoting routine starting 50-60 mins before bed.



## 5. Pause

Indulge in something you love, alone.

Try: Make a date to read a book or sit in nature.

## 6. Nourish

Nurture your body with a healthy, balanced diet of protein, carbs, and bright, fresh fruit and veg.



## 7. Affirm

Change your thoughts with affirmations.

Try: I AM good enough. I love and approve of myself. I am deeply fulfilled by who I am.

## 8. Support

Reach out for help from someone to relieve the pressure.

## 9. Disconnect

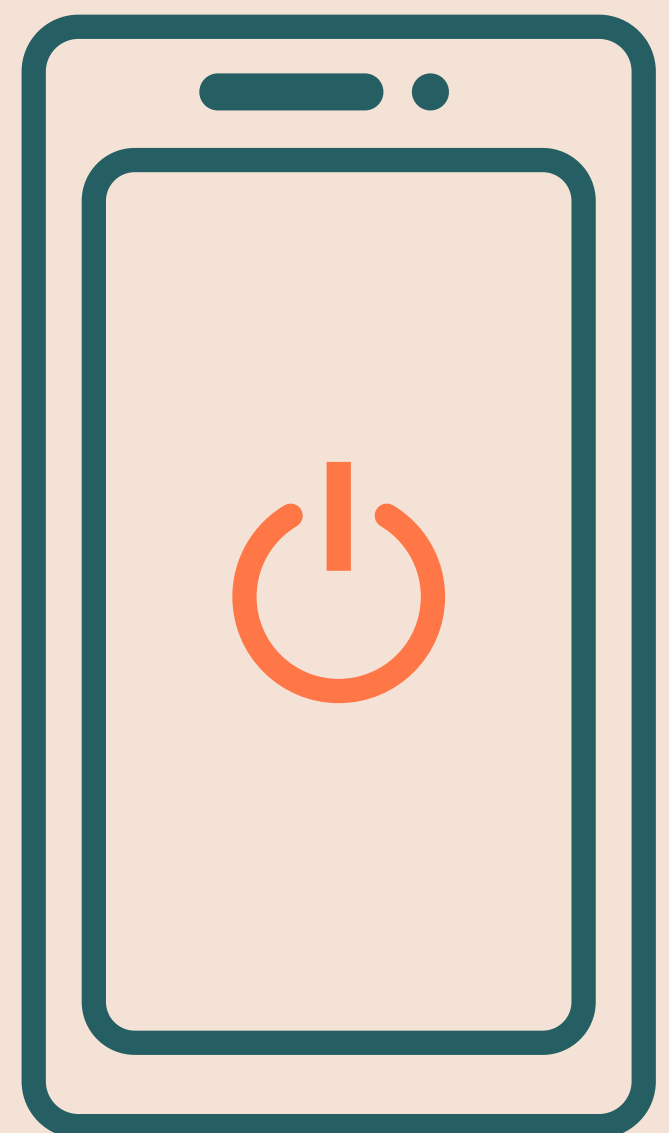
Quiet your mind.

**Try:** Turn off devices and reconnect with yourself and how you're feeling.

## 10. Reconnect

With a partner, child or friend.

**Try:** Relax and read together, pick flowers, dance in the rain or have a cuddle.



\* While our guide is a really useful tool, it is not a substitute for medical advice, diagnosis or treatment. For queries or concerns about your mental health and wellbeing, please speak to your GP. If you feel you may need medical attention, call your doctor or 111. Dial 999 in an emergency.



# Mindful of me

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Use the following prompts to offload your thoughts, gain some headspace and be kind to yourself.

**How am I feeling right now?**

(e.g., angry, sad, worried, frustrated, overwhelmed, numb)

.....

**What caused me to feel this way?**

.....

**What I'm finding hardest right now is...**

.....

## What can I do to ease the situation?

(Use the relief tips above for inspiration)

.....

## Right now, I am grateful for:

- 1.
- 2.
- 3.

## The thing I'm most proud of today is...

.....



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**Parent list**