

A Practical Guide to
**RECOVER FROM
PARENTING
BURNOUT**



Tips for Recharging and
Renewing Your Energy





Intro

If you're a parent, you're no stranger to feeling burnt out. Whether it's from dealing with a difficult toddler, navigating virtual learning for the kiddos, listening to their never ending questions, managing two (or more!) busy households, or simply keeping up with it all – you need a reprieve from it from time to time.



important tip

Create a plan for yourself that includes regular breaks, self-care activities and other strategies to prevent future burnout. Talk to a health professional if you experience any concerning symptoms of parenting burnout.

But how do you prioritize your own well being when Mother Nature has bestowed upon you a heaping helping of responsibility? The answer: with a thoughtfully-crafted recovery plan.

These tips will help you if you're feeling overwhelmed and need a boost in motivation and energy to tackle your never-ending to-do list. There's no need to feel guilty that you need some time away to recharge your batteries. In fact, it will make you even more equipped to be the best version of yourself that you can be as a parent.

Let's dive in and take a closer look at the tips and tricks that you can use to get back on track and have the energy to enjoy being a parent.



Understanding Parenting Burnout

Parenting burnout takes many shapes and forms and is often individualized for each parent, but the symptoms and experience tend to be similar. It can affect a person physically, emotionally, mentally, and spiritually; often leading to isolation from those closest to them.

When it comes to parenting burnout, there are two sides to it: being overburdened by the demands of life with children or being overwhelmed by the responsibility of caring for one's offspring. On one hand, some parents may feel exhausted because of the constant demands made on them or have difficulty dealing with their children's specific needs. This can lead to feeling unappreciated, neglected and even isolated. On the other hand, some parents may struggle with a sense of guilt and inadequacy as they confront feelings of not doing enough in their role as a parent. These struggles can lead to feelings of burned out, disappointment and despair.

“It's important that parents understand that parenting burnout is real and should not be ignored. With awareness and understanding, they can take steps towards recovery and get back to enjoying life with their family. Now that we understand parenting burnout better, let's discuss some practical steps to recovery in the following section.





important tip

Establishing healthy habits and boundaries is integral when it comes to achieving recovery from parenting burnout. That means making sure you are getting enough sleep, developing an exercise routine, eating nutritiously balanced meals, and saying no in order to regain control of your personal life. This can help bring balance back into our lives and ensure we're not overworking ourselves.

Practical Steps to Recovery

Getting on the path to recovery from parenting burnout begins with understanding what it looks like and why it occurs. There are many practical steps that can be taken to start the journey back to being a successful, refreshed parent.

The first step is to eliminate any task or responsibility that can be delegated or shared with another family member. It's important to remember that others have unique perspectives and ideas, which can lessen our workload. Even if there is no one else available in the immediate household, chances are friends and family members would be happy to lend support.

It's also important to examine our daily schedules for tasks that can be eliminated or modified in order to free up more time for self-care. Prioritizing is key here; we may need to make tough decisions about giving up certain tasks or activities in order to make more time for ourselves. We should also look for ways to reduce stress by taking more breaks during the day and setting aside time each week specifically for relaxation.

Making Time for Self-Care

Making time for self-care is essential for parents to recover from burnout and recharge and renew their energy.

Parents have a lot on their plates, so finding time to take care of themselves can feel challenging. It's important to remember that taking the time to prioritize and practice self-care can help restore balance in your life and prevent burnout.

Some of the best ways for parents to prioritize self-care are to build it into their daily routine in small, achievable steps. This way, you don't have to wait until you find large blocks of free time or feeling overwhelmed with stress before engaging in self-care activities. Incorporating short, yet meaningful moments throughout the day like journaling, prayer or meditation, practicing yoga or deep breathing can result in greater happiness and wellness.

It's understandable that sometimes self-care may not feel doable due to a particularly intense period of parenting or with multiple children at home to manage. Some parents argue it's selfish to focus on oneself when there are so many other needs vying for attention; however, research has shown that parents who consciously cultivate positive emotions through various self-care practices experience more joy in their day-to-day lives as well as enhanced relationships with family and friends. Despite the challenges associated with making time for self-care while parenting, its importance cannot be overstated.

The next section of this guide will provide some tips for creating an effective parenting strategy which includes a focus on self-care.



“Creating a parenting strategy requires honest evaluation of your family dynamic. You must consider each individual family member’s needs and wants when developing your strategy. It is also important to think about what goals you have for your family. A good way to create this goal list is by starting with the needs that each child has, such as safety, physical health, emotional well-being, self-sufficiency, discipline, structure and self-esteem.

Developing a Parenting Strategy

While parenting can be an exciting and beautiful journey to embark on, it can also be quite challenging. With so many expectations placed on parents today, it can feel overwhelming and difficult to determine how to approach parenting and if you are doing it correctly.

Developing a parenting strategy can help reduce stress and anxiety while also empowering you to be a more confident and relaxed parent.





Parents should not underestimate the importance of setting realistic expectations in their parenting strategy. Establish parameters that are achievable when disciplining children or encouraging certain behavior; having unreachable goals will lead to frustration from both sides. Similarly, challenges will always arise with different stages of development for children - acknowledge those times but keep in mind that each milestone can present an opportunity for growth.

There is no right or wrong method to parenting, so it is important to prioritize strategies that work best for you and your family's personalities and integrity. Be sure to communicate openly and make sure everyone in the family feels heard by taking down feedback and adjusting as needed. The goal should always be ensuring strong relationships between parents and children with positive reinforcement techniques that teach respect, kindness and support.

By developing a parenting strategy tailored specifically for your family dynamic rooted in love, trust, respect and warmth - parents are better equipped to handle even the most trying moments without sacrificing their own happiness or well being in order regain energy lost through burnout.

Now that we have discussed several ways of developing a parenting strategy to overcome burnout let's move onto discussing the importance of mentally recovering from burning out.

- A 2019 study found that at least 85% of parents experienced burnout at some point in their parenting journey.
- A 2018 study examining parental stress indicated that almost one-third (31%) of parents reported symptoms of depression and over 40% reported clinically significant levels of anxiety.
- According to a survey conducted by the American Psychological Association in 2020, 74% of parents exhibited at least one physical symptom associated with burnout, such as fatigue, headaches, or difficulty sleeping.



Mentally Recovering From Burning Out

Recovering from burnout requires much more than simply taking physical rest. It requires taking the time to work through and manage our mental exhaustion and emotional stress. Mental recovery could involve doing activities that are specifically designed to restore your peace of mind, like taking walks or practicing mindfulness techniques. Additionally, it could involve spending time with close friends and family who can support you emotionally.

It may also be beneficial to take a step back and become more reflective. Reflection helps us gain insight into the root causes of our burnout so that we can better understand how we got there in the first place. Engaging in conversation about our emotions and thoughts with a close friend or therapist can be incredibly beneficial here as well.

The goal is not only to progress out of burnout but to also develop healthier habits and mindsets so we can prevent future occurrences of burnout.

Taking steps toward mentally recovering is just as important as physically recovering after burning out. Doing so will provide us with the emotional resilience needed to tackle any additional tasks that parenting may bring our way. Now let's move on to discussing an area most likely neglected during times of burnout: rest and restructuring our days.





Rest & Restructuring Your Day

Many parents are so busy that they barely have any time to rest or unwind. Taking time away from parenting duties, especially when there is a long list of tasks to complete and children to take care of, can feel daunting or even impossible. Yet it is essential for recovering from burnout. The first step in restoring your energy is to purposefully allocate a certain amount of time each day to rest and relaxation. This means turning off devices and doing something that has nothing to do with parenting. This can include activities such as taking a nap, reading a book, going for a walk, or engaging in a favorite hobby. It is also important to pay attention to your daily routine and see how you can adjust it if necessary. Many parents struggling with burnout feel overwhelmed by their schedule and resting or taking the time to relax starts feeling like an impossible mission.

As much as possible try to make sure that both you and your children are getting enough sleep, try not to over schedule yourself and find ways to simplify your routine. For some parents this might mean dropping some extracurricular activities or organizing tasks in order of importance so you don't spend too much energy on irrelevant ones. To restore balance, it could also be helpful to start meditating or practicing mindfulness daily. This will help you become more aware of how you spend your time and how that impacts your energy levels throughout the day.

Recovering from parenting burnout doesn't just require physical rest; it involves restoring the mental strength needed to continue raising children in a healthy way too. It is essential for parents experiencing burnout to set limits for themselves and commit wholeheartedly to them with no guilt attached. Consequently, this will lead to restructuring the day around what needs get accomplished without leading towards exhaustion once again.

Finally, looking after your physical needs is the next step in reclaiming your energy back. Good nutrition and exercise are important parts of regaining mental strength needed for positive parent-child relationships, which will be discussed further in the following section about "Looking After Your Physical Needs".





Looking After Your physical Needs

When trying to recover from parenting burnout it is essential to look after your physical needs. This doesn't necessarily mean going out for a strenuous workout every day, but making sure you are taking care of yourself in reasonable ways. Make sure to give yourself enough sleep and rest, fueling your body with nutritious food, and staying hydrated. It may also be helpful to seek medical advice if necessary as burnout can affect your mental and physical health.

It is important to maintain a balanced lifestyle and make sure to take breaks throughout the day. Although, it is normal for parents to become so preoccupied with their responsibilities that they forget about themselves in the process, it is important not to let that happen by taking those moments or 'me-time' throughout the day. Yoga, meditation, and exercise have been known to have positive effects on reducing stress and helping one relax.

On the other hand, too much time focusing on these types of activities can also lead to further exhaustion as it is taking away from time that can be spent resting or sleeping as well. Therefore, finding an equilibrium between activities which will help clear the mind while also getting your body in motion can allow you both relax and recharge your energy levels.

By looking after our physical needs we can ensure that our bodies are functioning at the best possible level. Making sure you are nourishing your body with the appropriate amount of nutrition and rest is one step toward recovering from parenting burnouts. Staying on track with recovery involves more than just your physical needs and this will be discussed in the following section.





Staying on Track with Recovery

When recovering from parenting burnout, it is important to stay on track with recovery. It is also critical to be aware of potential setbacks and strategies for addressing them. On the one hand, engaging in self-care practices such as restful sleep, healthy physical activity, and relaxation techniques can help reduce stress and fatigue, while establishing a sense of balance in life. Additionally, connecting with social supports including family members, friends, teachers or healthcare providers can lend additional support and comfort during the recovery process.

On the other hand, it can be difficult to maintain this focus without feeling discouraged or overwhelmed. For example, parents may experience signs of burnout even after implementing self-care or social support strategies. If this occurs, it can help to remind oneself why recovery is important and consider adjusting the plan if necessary. Additionally, parents should be mindful of their emotions and accept that emotional outbursts are part of the recovery process. This can help promote self-acceptance and ultimately pave the way for a successful recovery.

Finally, mindfulness and gratitude can play an important role in maintaining recovery objectives. Taking breaks throughout the day to appreciate small successes can provide reassurance that positive changes are occurring over time.

Staying on track with recovery is an essential element of managing parenting burnout. With mindful attention and intentional intentionality, parents can find ways to successfully support themselves through this process. As we come to our conclusion in the next section...

Staying on Track with Recovery

Parenting burnout is an all-too-real phenomenon that can bring down even the most seasoned of parents. It is important to remember that it is not a sign of weakness or parental inadequacy, but rather the natural result of pushing oneself too hard without taking the necessary steps for recharging and renewing one's energy levels.

The practical guide outlined in this article offers tips for how to recognize parenting burnout and strategies for recovering from it. Self-care practices such as meditation, exercise, journaling, getting adequate sleep, and engaging in meaningful relationships are key tactics for restoring physical and emotional wellbeing. Additionally, certain lifestyle modifications including setting boundaries, carving out me-time, and enlisting help from family and friends can play a vital role in helping parents make space in their lives to work towards regaining fulfillment.

Ultimately, while parenting burnout can be a difficult reality to confront and address, an active effort can yield countless rewards. Through heightened awareness and increased self-care practices, any parent typically has the power to find the energy to sustain themselves through even the toughest of times.



*You've Got
this mama!*