

PARENTAL BURNOUT

RECOVERY GUIDE

WRITTEN BY

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BECAUSE YOU AND YOUR FAMILY
DESERVE THE BEST YOU.

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Parental Burnout Recovery Guide

Parental Burnout is a serious condition. The good news is that it is curable and avoidable.

- Are you feeling frustrated, exhausted, ineffective, and without pleasure and enjoyment in your role as parent?
- Do you feel alone, unsupported and underappreciated in your role?
- Are you experiencing sleeplessness, fatigue, loss of self-esteem, chronic worry, or hopelessness?



If more than one or two of the above conditions describes you, you are very likely experiencing parental burnout. Burnout is serious and can undermine mental health, physical health, and even your ability to function up to your own standards.

No, you're not a bad or negligent parent. In fact, the opposite is true; you're working too hard, and you're doing the work that belongs to others, especially your kids! And you're probably not playing enough. No wonder you're exhausted!

Here are 3 things you can do RIGHT NOW to make a big difference in your stress level. You can easily start today to recover from parental burnout. Here's how:



Require your kids take to more responsibility.

Give your kids back their jobs! For instance, let's say you're telling your kids over and over to get started on their homework and are asking 1000 questions to get one straight answer. You're working too hard!

This time, tell your kid, "Your Homework is Your Job, not mine. It's your job to make yourself do it, not mine. I can't and won't make you do anything. You are hereby now in charge of your behavior, and your choices. If you need help, you'll need to ASK ME for help.

Having privileges, including using all electronics, screen time, etc. are now based on you doing your responsibilities up to the best of your ability, and having a cooperative and respectful attitude." (And mom, you must mean it!).

Some kids will get it and believe you, while others will need to see their privileges go away, to know that you mean what you say. Homework, getting ready in the morning, cleaning up when asked, getting off of their devices when asked, etc. are all responsibilities that must be

managed with their best effort and a good attitude to earn the privileges they desire. This is the biggest gift you can give your kids as well as yourself and the family as a whole.



Get emotional support for yourself.

We all need support from others. If you aren't getting enough positive recognition, understanding, validation or even someone to bounce ideas off of, you **will** burn out.

That's true for any job and believe me, parenting is a job. Ask yourself, where can I get emotional support? If you have a co-parent and it isn't coming from them, talk with them about it. Get professional counseling if you need it.

No matter what it takes, the lack of emotional support needs to change. Ask yourself, who else can I go to for support? Don't be afraid to ask. People love to feel needed!

So a friend, an aunt, a neighbor, a support group or a counselor can all provide amazing support when you need it. It's something you need to have built into your life.



Find “Me Time”

“**ME TIME**” that has nothing to do with being a parent. If we only work and never play, we can experience burnout. What would happen if you worked at any job, morning noon and night, went to bed and got up and started over, without any relief. You’d burn out.

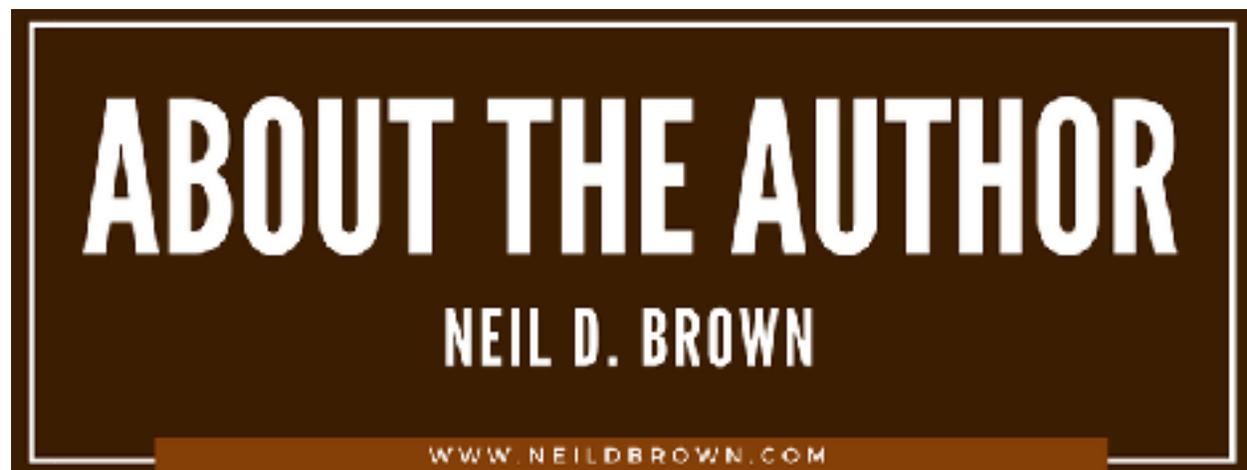
Well, parenting is no different! If you do things only for others and barely anything for yourself, you’ll burn out. If you’re not used to doing things for yourself, write down some ideas of things you’d love to do.

What did you used to like to do before you became a parent? What would you like to learn to do? Even something as simple as going to the coffee shop and reading a magazine would be a good start, but self care needs to be part of your lifestyle! So sign up for that water color or yoga class. You’re not being selfish, you’re taking care of the person everyone relies on -- and if you don’t take care of yourself, there will be nothing left for anyone else!

Parents not requiring enough of their kids, not getting emotional support and not getting personal time off are the three major drivers of Parental Burnout. By actively addressing these three issues, we can turn the

corner and reclaim our mental health and at the same time, add to the health of our families.

You and your family deserve the best you.



Hi, I'm Neil D. Brown, author of *Ending the Parent-Teen Control Battle* and a psychotherapist who has worked with families, couples, and individuals for more than thirty years.

I invite you to continue the conversation of parental burnout by emailing me at neil@neildbrown.com or following me on social media.

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