

# IDENTIFYING YOUR PARENTAL BURNOUT TRIGGERS

Triggers are typically defined as people, places and things that can trigger us to slip back into habits that don't support our wellness. For parents, burnout triggers might include:

- People - spending time with unhealthy family members, seeing triggering parent influencers on social media
- Places - traveling with kids and other stressful changes to your environment
- Things/events - staying up too late on a regular basis, too much time with devices, overcommitting personally and/or professionally

PEOPLE	<hr/> <hr/> <hr/> <hr/>
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PLACES	<hr/> <hr/> <hr/> <hr/>
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THINGS/EVNETS	<hr/> <hr/> <hr/> <hr/>
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# PARENTAL BURNOUT RELAPSE PREVENTION PLAN

## IDENTIFYING YOUR SIGNS OF PARENTAL BURNOUT

Relapse prevention planning is used in many areas of mental health, such as: eating related issues, substance use disorders and depression. All of these tools can be applied to professional and parental burnout as well.

Take some time to think about what your 1) early-stage burnout signs 2) middle-stage burnout signs and 3) late-stage burnout signs are so that you can become more self-aware. By learning from past experiences of burnout, it becomes easier to catch yourself in the earlier stages of parental burnout going forward. This is a useful exercise because it's often less challenging to bounce back from early-stage burnout versus slipping into late-stage burnout. See page 8 for examples of signs of parental burnout.

EARLY-STAGE

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MIDDLE-STAGE

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LATE-STAGE

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# PARENTAL BURNOUT RELAPSE PREVENTION PLAN

## MY WELLNESS PLAN

The key to an effective relapse prevention plan is identifying coping skills that are specific to the situation or sign of burnout.

It's also helpful to identify internal and external resources, so you always have something you can grab from your wellness toolkit.

- Internal resources are character traits (e.g. perseverance, compassion, sensitivity, creativity, etc.) and coping skills that you can do on your own (e.g. art, walking, yoga, meditation, etc.).
- External resources are resources outside of yourself that you can call on in times of need. Examples include: loved ones, friends, significant other, doctor, therapist, online parenting communities, parental stress hotlines and crisis hotlines.

<p>BURNOUT SIGN:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	→	<p>INTERNAL + EXTERNAL RESOURCES I CAN USE:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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<p>BURNOUT SIGN:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	→	<p>INTERNAL + EXTERNAL RESOURCES I CAN USE:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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# PARENTAL BURNOUT RELAPSE PREVENTION PLAN

## MY WELLNESS PLAN

BURNOUT SIGN:

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INTERNAL + EXTERNAL RESOURCES I CAN USE:

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INTERNAL + EXTERNAL RESOURCES I CAN USE:

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INTERNAL + EXTERNAL RESOURCES I CAN USE:

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One safe person I can share my parental burnout relapse prevention plan with is:

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# 9-1-1 COPING CARD

WHEN I'M CRISPY FRIED BURNED OUT WITH PARENTING I CAN TEXT OR CALL:

1.
2.
3.

MY SELF-COMPASSION MANTRA FOR PARENTAL BURNOUT:

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MY FAVORITE SELF-CARE PRACTICES DURING TIMES OF INTENSE PARENTING STRESS ARE:

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## BURNOUT AND CRISIS RESOURCES FOR PARENTS:

Breastfeeding support **1-877-4-LALECHE (1-877-452-5324)** available 24/7 ([La Leche League](#))

Parent Stress Hotline **1-800-632-8188** is available 24/7 ([Parents Helping Parents](#))

*It takes strength to ask for support. No one is meant to parent in isolation, and you are modeling for your children how to cope in a healthy way.*

National Suicide and Crisis Prevention Lifeline at **1-800-273-TALK (8255)** or text the Crisis Text Line (**text HELLO to 741741**). Counselors are available 24/7 ([National Institute of Mental Health](#)).

*Please note you can call if you are having a mental health or relational crisis, even if you are not suicidal. Don't let that stop you from reaching out for support.*



# INSTAGRAM SERIES ON PARENTAL BURNOUT

## MOMMY BURNOUT

*Might Look Like...*  
DR. SHERYL ZIEGLER

Phone calls from friends feel overwhelming

Double booking and missing appointments

Crying alone due to overwhelm

Looking forward to that glass of wine at the end of the day too much

Little to no interest in sex

You're often in a bad mood and have a short fuse

Not eating regular and balanced meals

You always feel tired, even if you've slept well

Often criticize yourself for parenting choices

Self-care is a distant memory



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## MOMMY BURNOUT

*Solutions by Dr. Sheryl Ziegler*

*treat myself with gentleness + grace*

ZZZ

Set an intention for your day before you get out of bed

Nap for 20 minutes if you are tired or stressed

Before lunch, close your eyes for 5 minutes to give your senses a break

Watch a funny movie with your partner

Say yes when your friends ask you to do something, even if you're tired

Carve out non-negotiable "me time"

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Source: "[Mommy Burnout: How to Reclaim Your Life and Raise Healthier Children in the Process](#)" by Dr. Sheryl Ziegler

# INSTAGRAM SERIES ON PARENTAL BURNOUT

Triggers are typically defined as people, places and things that can trigger us to slip back into habits that don't support our wellness. For parents, that might look like staying up too late, too much time with devices, overcommitting personally and/or professionally, being too busy to eat regular meals, etc.

## PARENTAL BURNOUT RELAPSE PREVENTION PLANNING

What are my early-stage signs of burnout?

What are my middle-stage signs of burnout?

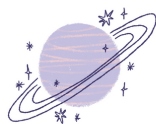
What are my triggers?

What are my late-stage signs of burnout?

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## PARENTAL BURNOUT TRIGGERS MIGHT LOOK LIKE...

TRIGGERS ARE OFTEN DESCRIBED AS PEOPLE, PLACES + THINGS



Significant other traveling



Child care falling through



Transitions and changes (even if they are \*positive\*)



Longer stretches of disrupted sleep

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# INSTAGRAM SERIES ON PARENTAL BURNOUT

## SIGNS OF PARENTAL BURNOUT:

- Increased sense of guilt regarding parenting
- Difficulty making decisions
- Forgetful, feeling like you have "brain fog"
- Losing your temper more often and/or feeling resentful
- Increased stress level
- Increased worries and feeling overwhelmed more often
- Decreased compassion for your children
- Dreading being with your kids

- Decreased sense of worthiness/ accomplishment as a parent
- Seeing friends less often, staying home more (more isolated)
- Feel as though there is no time for the activities you love to do
- Difficulty falling asleep or oversleeping
- So busy you forget to eat, or increased emotional eating
- Increased alcohol consumption
- Getting colds more often
- Decreased sex drive

## PARENTAL BURNOUT RELAPSE WARNING SIGNS MIGHT LOOK LIKE...



### EARLY-STAGE

- Feeling tired
- Schedule has become more crowded
- Feeling more frustrated
- Increased annoyance with kids
- Seeing your support network less
- Noticing there's less "me time"

### MIDDLE-STAGE

- Feeling tired more often
- Wishing you could cut back on your obligations
- Feeling pessimistic + increased sarcasm to cope
- Losing your cool with the kids more often
- Missing your friends and support network
- Not much "me time"
- Lower sex drive

### LATE-STAGE

- Feeling exhausted
- No room for anything to go wrong in the schedule
- Feeling resentful and angry
- Increased alcohol consumption
- Isolated from support network
- Hardly any "me time"
- Resentment towards partner + lower sex drive

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