

BURNOUT PLANNER FOR PARENTS



Burnout affects all parents at some point in time. The more we understand it, the better we can address and prevent it.

• Burnout in parents looks like:

- The sense of feeling:
 - Overwhelmed
 - Physically Exhausted
 - Disconnected from your Child(ren) Emotionally
- You may experience:
 - Irritability
 - Sensory Overload
 - Decreased Bandwidth for Dealing with Conflict

• When you notice you're feeling Burnt Out you can:

- Practice Self-Empathy and Love
- Reduce Self-Judgement and Shame
- Acknowledge the Burnout
- Take Inventory of Your Needs
- Advocate for Yourself
- Adjust Expectations
- Care for Your Body
- Reach for Connection
- Make a Plan
- Ask for help

• Ways you can prevent Burnout from happening in the future:

- Allow Yourself to Be Human
- Set Realistic and Kind Expectations
- Prioritize Self- and Community-Care
- Communicate Openly with Partners and Family
- Acknowledge and Work Against the Impact of Oppression
- Create/Utilize a Support System
- Create a Schedule that Includes Time for Yourself
- Prioritize Sleep, Nurishment, Activity and Purpose
- Create Moments for Connection and Moments for Repair

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Only you know what works for you. Use this sheet to help to Make a Plan to deal with Burnout as a parent.

- I can tell I'm getting Burnt Out when...

- As soon as I notice I'm starting to feel Burnt Out I will...

- In order to prevent Burnout in the future I will...

- The resources I can utilize to prevent/address Burnout are:

NEED MORE?



Consider Coaching!

- Coaching can help you make a detailed plan to address Burnout in your life.
- Sometimes you want a partner to help you make important changes and help you work toward your goals.
- We all need help and partnership. Coaching could be the right next step for you.

Interested?

Schedule a free discovery call with me and we can explore whether Coaching feels like the right next step for you!

Learn more at
www.hannahrudnickcoaching.com
Email: hannahrudnickcoaching@gmail.com
Phone: 323-819-5337