

6 Tips for Tired Parents

A year and a half into the pandemic, exhausted parents need healing. This tip sheet will give you useful tips for recovering from burnout. These suggestions have been collected over the years by a fellow parent in hopes of helping other parents who are feeling unwell post-pandemic.

Click [HERE](#) for Wilde's full document and for more wellness tips!

Start where you are.

Take moments during the day to pause and be open to what you're experiencing. Try the "STOP" method: **Stop**. Take a deep breath with a longer exhale. Dig your feet into the ground as you tune into your five senses. **Observe** what you're thinking and feeling. Then decide on the "next right thing" and **Proceed** with intention. Go to Wilde's page for more mindful break ideas!



Recognize it's "just that hard".

When family life is messy, we often believe that it's our fault, but parenting is challenging even in the best of times. Systemic factors that have nothing to do with our abilities make it even harder. Recognize that shortcomings often don't root from you and your choices!



Seek professional help if you need it.

When we are constantly overwhelmed, checked out, or burnt out, it can have potentially severe consequences for our kids. We were designed to respond to stress, but not to remain stuck in survival overdrive. If you don't feel like yourself, seek help. We are stronger when we raise our hands.



Reframe what it means to self-care.

Self-care is essential, and it doesn't have to be a big deal to be effective. Tiny tweaks lead to big change. Start with writing three small things on a sticky note that you will do for yourself each day. Grab a nutritious snack, **look up** and notice the sky, or think of one good thing today and **soak it in**. Click [HERE](#) for more ideas!



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Revive the village.

We've all heard that it takes a village to raise a child, but it also takes a village to support that child's parents. Open up a bit about your struggles to someone you trust. We are not as alone as we often believe, and there is nothing more comforting than finding someone who "gets it". Team up with a friend or neighbour for practical and moral support or join / start a group in your community.

Abandon the "cult of the perfect parent".

In this era of over-parenting, many of us aspire to an impossible standard. Treat yourself with the three elements of **self-compassion** (relating to ourselves with kindness, appreciating our common humanity, and staying present and open to our pain and struggle). When feeling overwhelmed and insufficient, put a hand on your heart and say this self-compassion mantra: "This is hard. I'm doing my best. I'm a good parent."

(Source: Kendra Wilde, 2021)



Do what you can to take care of your well-being, to make sure you are feeling safe, and to manage your own emotions in a healthy way. When you feel this way, that gets translated to your children in a powerful way." - Kendra Wilde