

### Parents & caregivers deserve care.

Our wellbeing translates to our kids in a powerful way. Burnout is not an option.

3 elements of Parental Burnout:

- physical & emotional exhaustion
- emotional distancing from one's children
- feeling ineffective as a parent



*The biggest thing that people need to do is be patient with themselves. Take their foot off the gas pedal. - Dr. Bruce Perry*



### Self-care is vital; micro-actions make it possible.

Listen to your body, notice what you need: cold water, a snack, some space?

*We can step outside and feel the sun on our skin... We can kneel down in the grass and touch it... These mindful moments remind us, I am in this body. I have this self that's me and I can just simply be with myself. - Lara Wilson*

*Our self-care definition is so rigid... it doesn't have to be that big. - Ann Douglas*

### Parenting resilience begins with acceptance.

Embracing ourselves and our kids as we are - right now - brings joy and ease.



*I thought, "I'm going to do everything I can to fix this child..." and I began to realize that that was killing me. - Mantu Joshi*

*We had a dream of who we would be as parents. And we have to be prepared to lose that dream, to greet the person that we have in front of us. - Dr. Linda Budd*

### Giving ourselves and our kids "permission to feel" matters.

Emotional intelligence promotes wellbeing and builds healthier relationships.

**RULER\* is an acronym for the 5 skills of emotional intelligence:**

\*Developed by the Yale Center for Emotional Intelligence

- **R**ecognizing emotions in oneself and others
- **U**nderstanding the causes and consequences of emotions
- **L**abeling emotions with a nuanced vocabulary
- **E**xpressing emotions in accordance with cultural norms and social context
- **R**egulating emotions with helpful strategies



*All emotions are information. Until we understand the causes of emotion, we'll never really be able to help ourselves, our kids, or our colleagues. - Marc Brackett, PhD*

### Prevent burnout by releasing stress in a healthy way.

You can't pour from an empty cup - and you shouldn't have to.



#### 6 powerful ways to complete the stress cycle:

- movement
- creative expression
- deep breathing
- a big 'ol cry
- laughter
- affection & connection

*When you find yourself flooded with stress hormones, it's about finding an adaptive way to get rid of them safely. - Amelia Nagoski*

### Our children's behaviors are not a report card on our parenting.

Shifting to a "brain-body" lens enhances our patience and compassion:

*My child is having a hard time, not giving me a hard time.*

*Behaviors are just the tip of the iceberg... As a psychologist, I no longer work on behaviors. I work on supporting relationships and nervous systems, and looking to the underlying sources of challenges. - Dr. Mona Delahooke*



### Supporting our own nervous system is crucial for co-regulation.

Emotions are contagious; we are connected like WiFi.



If you're in a tough moment, try one of these tools to find space:

#### GROUNDING

- Keep a touchstone in your pocket
- Hold it when you need to regroup
- Feel it; notice the sensations
- Remind yourself that you are okay



#### "STOP"

- **S**top before deciding what to do next
- **T**ake a few deep breaths
- **O**bserve yourself, your child, and the situation with open curiosity
- **P**roceed in a way that will support both you and your child

### Self-compassion helps us be better parents - and happier too.

The more kindness we offer ourselves, the more resources we have for our kids.

Place a hand on your heart and offer yourself a mantra:  
*This is hard. I'm doing my best. I am enough.*



*Parenting is really this hard. So just knowing that, you're not alone. - Dr. Susan Pollak*