

How to handle parental burnout, according to a Maven expert

Feeling overwhelmed by the demands of parenting? You're not alone. Parental burnout is real, and it can affect even the most dedicated caregivers. Maven's Parenting & Pediatrics program specializes in helping parents navigate those ups and downs. Read on to get insights from a Maven Mental Health Provider to help you with this challenging terrain.



*Expert approved by
Joanne Calleiro, Maven Mental Health Provider*

What is parental burnout?

Let's start with burnout without the added stress of parenthood—burnout is physical, emotional, and psychological exhaustion. Parental burnout is the added responsibility and pressure you may feel when you're taking care of children. Many people feel stretched way too thin when taking care of their kids, making sure they're fed, healthy, and happy. "Parental burnout is what happens when you're trying to do the balancing act of doing it all and playing too many roles at the same time. Parents do try to do it all, but you can't do it at once."

What are some common signs and symptoms?

You might be experiencing parental burnout if you're consistently feeling:

- Anxiety
- Irritability
- Lack of patience
- Constant exhaustion
- Not finding any joy in parenting
- Lack of compassion for both others and yourself
- Insomnia and poor quality of rest
- Lack of ability to concentrate
- A sense of isolation, like you're the only one going through this and no one understands it
- Apathy and indifference

How can we prevent parental burnout?

Preventing parental burnout starts with recognizing our limits and establishing clear boundaries. This involves reflecting on what we're actually feeling, rather than what we think we **should be feeling**. Remember, what you're going through is normal. Calleiro notes that Maven members she speaks to often need to level-set their high expectations for themselves first. "We often think of boundaries with other people, but we also have to have boundaries with ourselves," Calleiro explains. You might not be able to "do it all"—and that's okay.

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If you're feeling overwhelmed and on the verge of burnout, what support can you ask for? How can you figure out what you can prioritize? A key way to prevent burnout is drawing certain lines and identifying top priorities. "What can wait?" Calleiro asks. "Can laundry wait, can the dishes wait? Yes, in an ideal world, we're able to do everything at once. But the reality is we may not be able to. How can I prioritize certain things, including taking care of myself?" For many parents, self-care means putting the things that will keep you functioning first—so that you can show up as the parent you want to be.

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How can we manage parental burnout?

We know you may be reading this and thinking—I'm not on the verge of burnout, I'm already there. That's okay, too. Calleiro explains, if you're already burned out, understanding your priorities becomes more important than ever. Her advice is to pick some of your top priorities and then also identify one thing to give yourself that you need. "That might be as simple as taking a shower or having a glass of water," Calleiro explains. When you're burned out, you need to take small steps to get back to an equilibrium. Think about one thing you can do today to challenge thoughts like "I should be doing everything" or "I'm not enough." "How do we challenge expectations and reframe the narratives that lead to the expectations?" Calleiro asks. "Seek out support from platforms like Maven, friends, family, and mental health providers." It might be hard to lean on your community but it can make all the difference.

How Maven can help you with parental burnout

It's normal to deal with parental burnout, but you don't have to do it alone. You have free access to Maven for the virtual parenting and mental health support you need.

Maven can help you:

- Recognize your limits and set boundaries
- Practice emotional regulation
- Find helpful coping strategies to manage stress and burnout
- Join a community of parents like you in drop-in groups
- Get the guidance you need from providers like parent coaches, sleep coaches, mental health providers, and more

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Want to talk about it?

It can be intimidating to seek help, we get it. If you're feeling down or just not like yourself, know that we're here for you. With Maven you can:

- Book a video chat with a Mental Health Provider, anytime day or night
- Find clinically-vetted mental health resources for parents
- Talk to your own dedicated Care Advocate and create a personalized plan for your mental health journey



Scan the QR code or [click here](#) to sign up for Maven today!