



PARENTAL BURNOUT

Parental burnout is more than the feeling of being tired. It's a state of chronic exhaustion that comes from the depletion of energy stores. Parents of children with special needs or a more intense temperament or any number of other stressors are more vulnerable to burnout. Below is the brief version of a longer assessment. (This is just a brief check-in, not a "diagnosis.")

	Daily	1-2x/week	Seldom/ Never
1 I'm so tired out by my role as a parent that sleeping doesn't seem like enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I have the sense that I'm really worn out as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I have the impression that I'm looking after my child(ren) on autopilot (e.g., I do what I'm supposed to do for my child(ren), but nothing more).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I'm no longer able to show my child(ren) how much I love them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I feel like I can't take any more as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING: Give yourself a 2 for each check in the first column and a 1 for each in the second column. ≤ 3 = Low risk; 4-7 = Moderate risk; ≥ 8 = High risk

STRATEGIES

- 1 **Reach out for mental health support** (especially if it's reached a critical stage)
- 2 **Take "mini" breaks.** (15 minutes is better than nothing. It can help.)
- 3 **Insist on help.** Anything you can get. This is all-hands-on-deck time.
- 4 **Lower the bar.** Expectations, standards. Just for the short-term.

RESOURCES

Parent Stress Warmline - Non-judgmental support and problem-solving. (800) 632-8188

National Parent & Youth Helpline
Trained counselors. (855) 427-2736

National Crisis Line - Call 988 for any urgent mental health concern. Free, confidential, trained counselors. **Text Line** - Text HOME to 741741