

# BURNOUT AND PARENTING RESILIENCE

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# WHAT IS BURN OUT



- Burnout is a state of chronic physical and emotional exhaustion that results from prolonged stress and overwhelming demands. It develops gradually when we feel
  - **Exhausted** – depleted of energy, motivation, and focus.
  - **Detached or Cynical** – emotionally distanced, negative, or indifferent toward work.
  - **Ineffective** – feeling unproductive, unaccomplished, or that their efforts don't matter.





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## WHAT CAUSES BURNOUT

The World Health Organization (WHO) classifies burnout as an occupational phenomenon, not a medical condition. It occurs in the workplace and educational context and is linked to:

- Excessive workload
- Lack of control or recognition
- Poor work-life balance
- Unclear expectations or value conflicts



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# WHAT CAUSES BURNOUT?

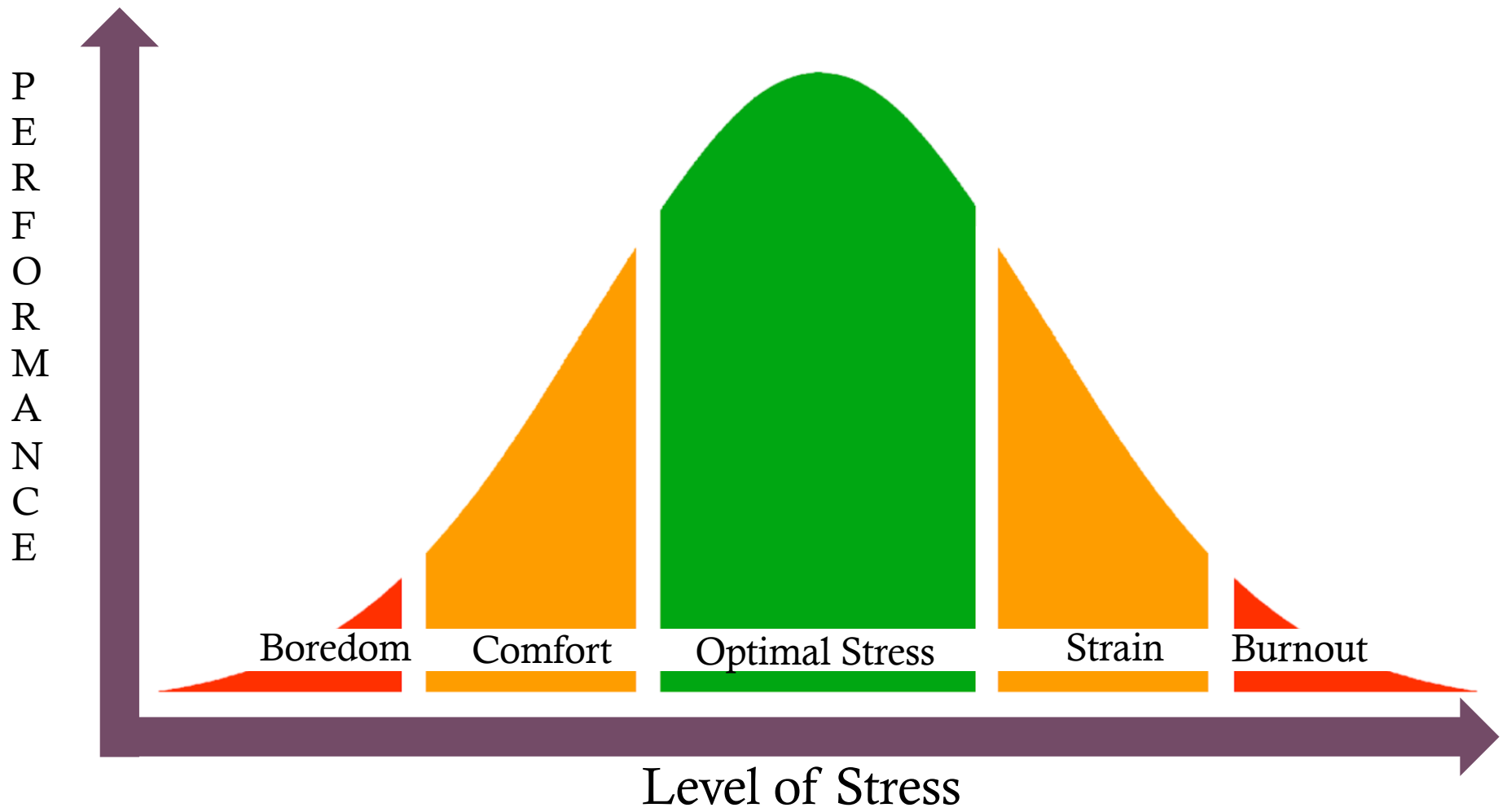
## Role Strain

- **Definition:** Role strain occurs when a person faces difficulties fulfilling the expectations of a single role they hold, due to limited resources.
- **Example:** A student who is overwhelmed by the conflicting demands of their student role, such as writing two papers, completing five reading assignments, and studying for a midterm all in the same week.

## Role Conflict

- **Definition:** Role conflict happens when the demands of two different roles a person holds are incompatible or directly in opposition, making it difficult to satisfy both roles simultaneously.
- **Example:** A student who is also a parent might experience role conflict if attending an evening class conflicts with their child's bedtime routine. For instance, they might feel torn between attending a crucial lecture and being present for their child's bedtime, as fulfilling one role directly interferes with the other.







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WHAT HAVE YOU  
FOUND TO BE  
HELPFUL WITH  
BURNOUT?



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SELF-CARE

**WHAT?**





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## DO WHAT WORKS

Self-care is less about adding something new but rather innovating within what you are already doing.



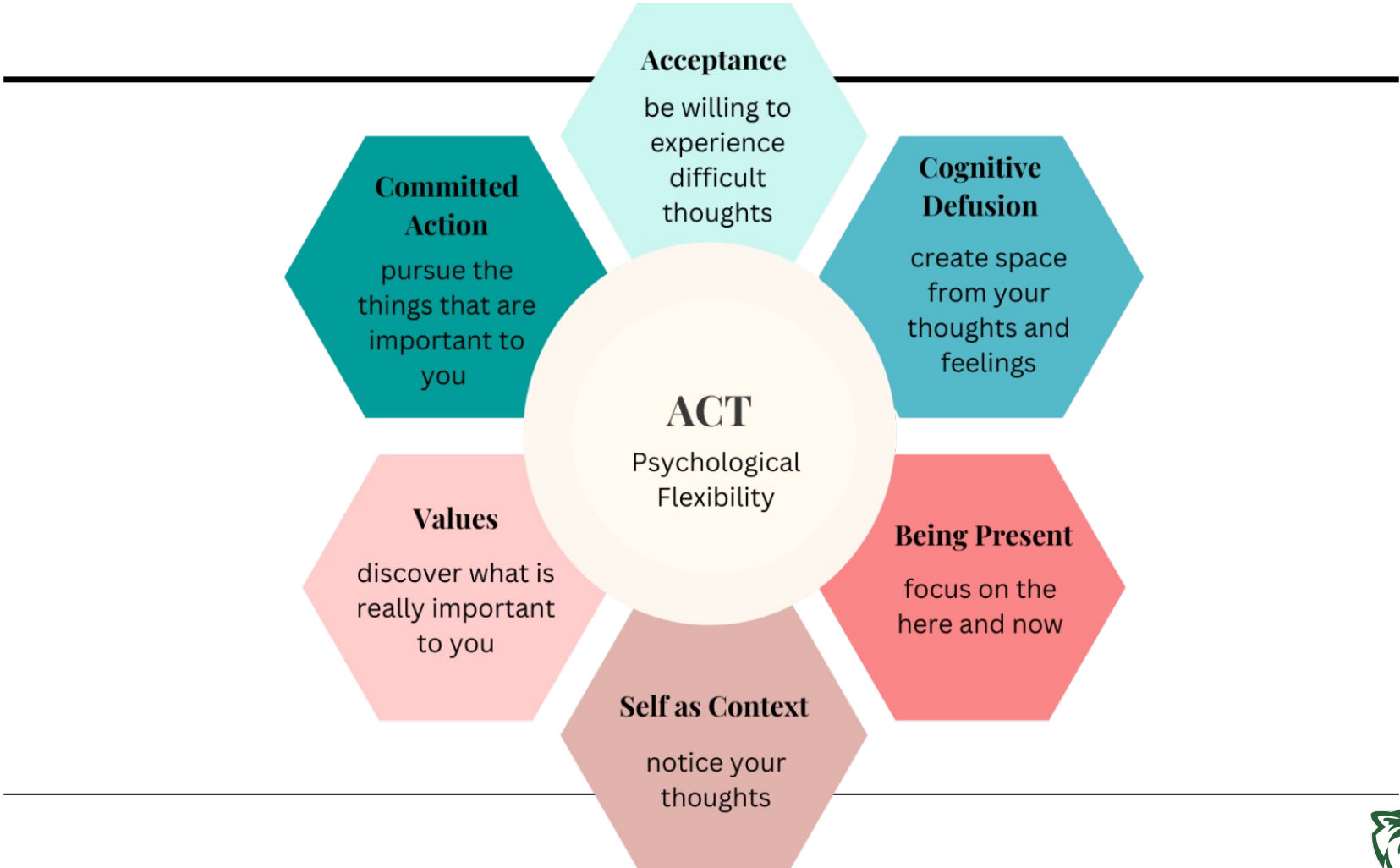
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# MINDFUL SELF-CARE

- *Self-care* is defined as the daily process of being aware of and attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment as needed to promote self-care. Mindful self-care addresses self-care and adds the component of mindful awareness.
- Mindful self-care is seen as the foundational work required for physical and emotional well-being. Self-care is associated with positive physical health, emotional well-being, and mental health. Steady and intentional practice of mindful self-care is seen as protective by preventing the onset of mental health symptoms, job/school burnout, and improving work and school productivity.









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