

# Navigating stress & burnout as a parent



## Amsterdam Parent Project

With experts:

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### Find support

Asking for help can feel scary and time-consuming, but it's important for recovery. Look for personal and professional resources around you. Who you can lean on for support?

### Know when it's burnout

Burnout lifts when you're removed from your stressors, like when your partner covers childcare or you're on vacation. Depression doesn't.

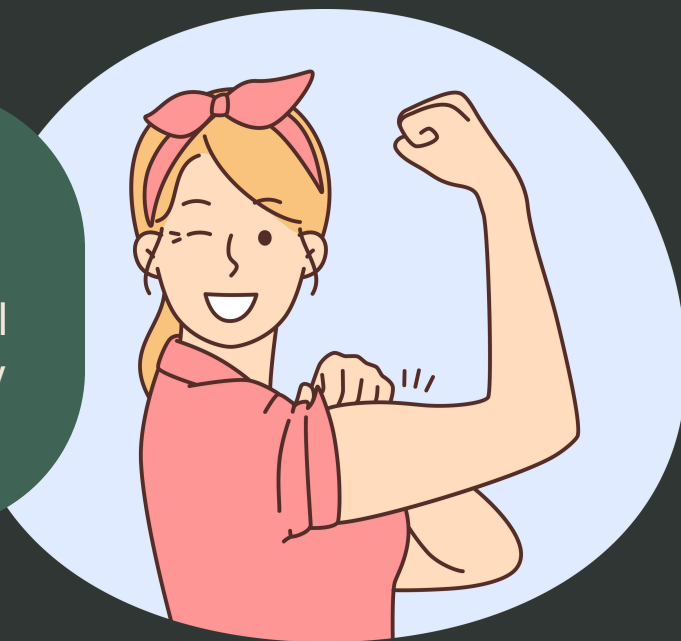


### Shift your mindset

Focusing on the positive expands the positive. Triggers are temporary. Your burnout will improve when you find the space and support to heal.

### Build daily rituals

Take time for yourself each day. Consider habit stacking: Start out small and stack it onto the things you already do to make it stick.



### Listen to your body

The body is grounded at times when the mind may not be. The stressor is still there in your body, if you don't find ways to deal with it.

Remember, burnout is real. By taking the steps you need heal, you can regain your energy and joy. Your well-being matters, and it's important to invest in yourself for you and your family.