



Your Daily Practice

Episode 13

How to Revive from Parental Burnout with Dr. Julie Bogart

Are you experiencing burnout as a parent in the pandemic? Are you feeling alone in all the parental stress? In today's daily practice, you will learn three skills to help you become a more psychologically flexible parent. Next, talk about these practices with the parents around you. You will find that social support is key. We are not meant to parent alone.

Practices to Improve Psychologically Flexible Parenting:

Step 1. Get Present - "One Eye In" - Be present with your own physical and emotional needs throughout the day. "One Eye Out" - Be in the present moment rather than in your own mind.

Step 2. Notice Your Mind. Are your thoughts critical or hopeless or rules? What is occurring in your parenting mind? Rather than getting caught up in them, focus on your parenting values.

Step 3. Define Your Parenting Values. What is important to you about being a parent? What are the moments you are proud of in your parenting?