

Card 14: Managing your energy

Introduction

Today more and more parents are suffering from parental burnout. It can be challenging to combine work-life with parenting. At the same time you are also supposed to be a good partner, good friend and manage to squeeze in some personal time. That's a lot of things to keep track of.

This is why it's important to reflect specifically on how you feel and not compare yourself to others. Everyone manages stress in different ways. Learn to listen yourself to avoid exhaustion.

Exhaustion is not a measure of love.

Aim of this meetup

To notice one's own situation, resources, strains and stressors and how one can manage it all.

Re-connect to last meetup:

What did you bring with you from last meetup?

Is there something you would like to further discuss?

Worth thinking about

"I want to give the burnt-out man a face. Burnout-depression also affects men, even if media more often shows the female side of the problem. Maybe there is some male shame that prohibits men from showing weakness. I think it's time to break that norm."

Janne Persson, Swedish author

Warmup — Finish the sentence with the first thing that springs to mind

- I feel stressed when...
- If I had more hours in the day I would...
- When I hear the words burnout and exhaustion I think about...
- I would wish for more time for...
- I feel my energy starts to give out when...
- I can say no when...
- I can't say no when...

Discuss in the group or with your partner

Discussion 1:

What stresses you most in everyday life?

Possible follow-up:

- *Do you have any tips on how to deal with overwhelming stress?*
- *Can you notice when it becomes too much yourself?*
 - *If not, who notices?*

Discussion 2:

When do you feel best in everyday life?

Possible follow-up:

- *What gives you energy?*
- *Do you ever take care to reserve some personal time for yourself?*

Discussion 3:

If one of the parents are more stressed out and under heavy strain:

- *How do you approach the subject?*
- *How do you show it?*
- *In what ways do you respect each other's energy or lack of energy?*
- *In what way do you support each other in that situation?*

Possible follow-up:

- *What can make problems difficult to talk about?*
- *Can you affect the situation?*
- *Do you have someone in your network you can ask for help?*
- *Who can be of help if your own family isn't able? (professionals, family counselling, health care, friend, other etc.)*

Homework:

Think about three different things you could change in your life to reduce the risk of burnout (realistic changes)

Try to sit with your partner and talk about what could be done to reduce the risk of burnout.

To sum up

Is there something you would like to discuss further?