

# **Managing Stress and Burnout in Families**

**John Sharry**

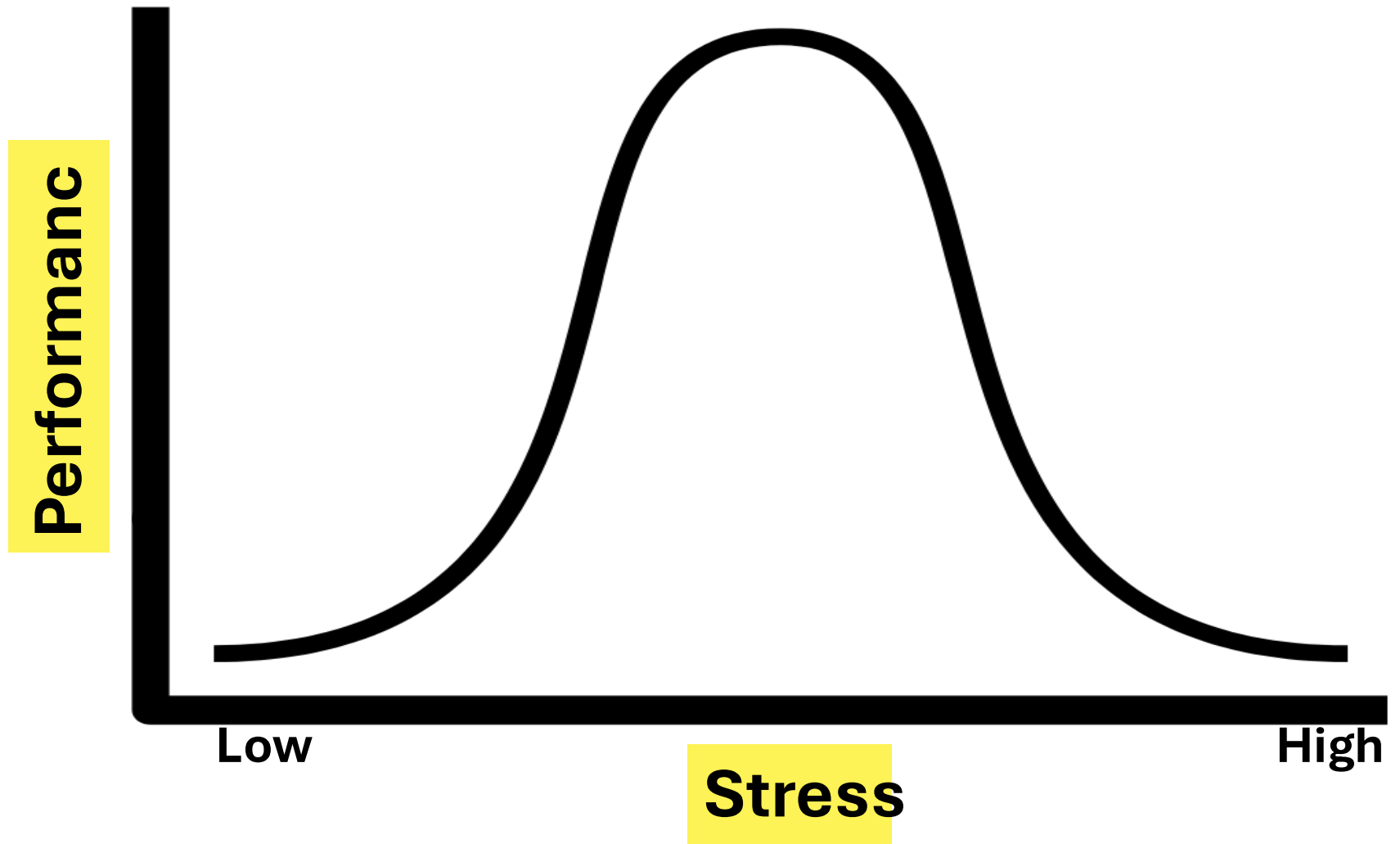
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# What is Stress?



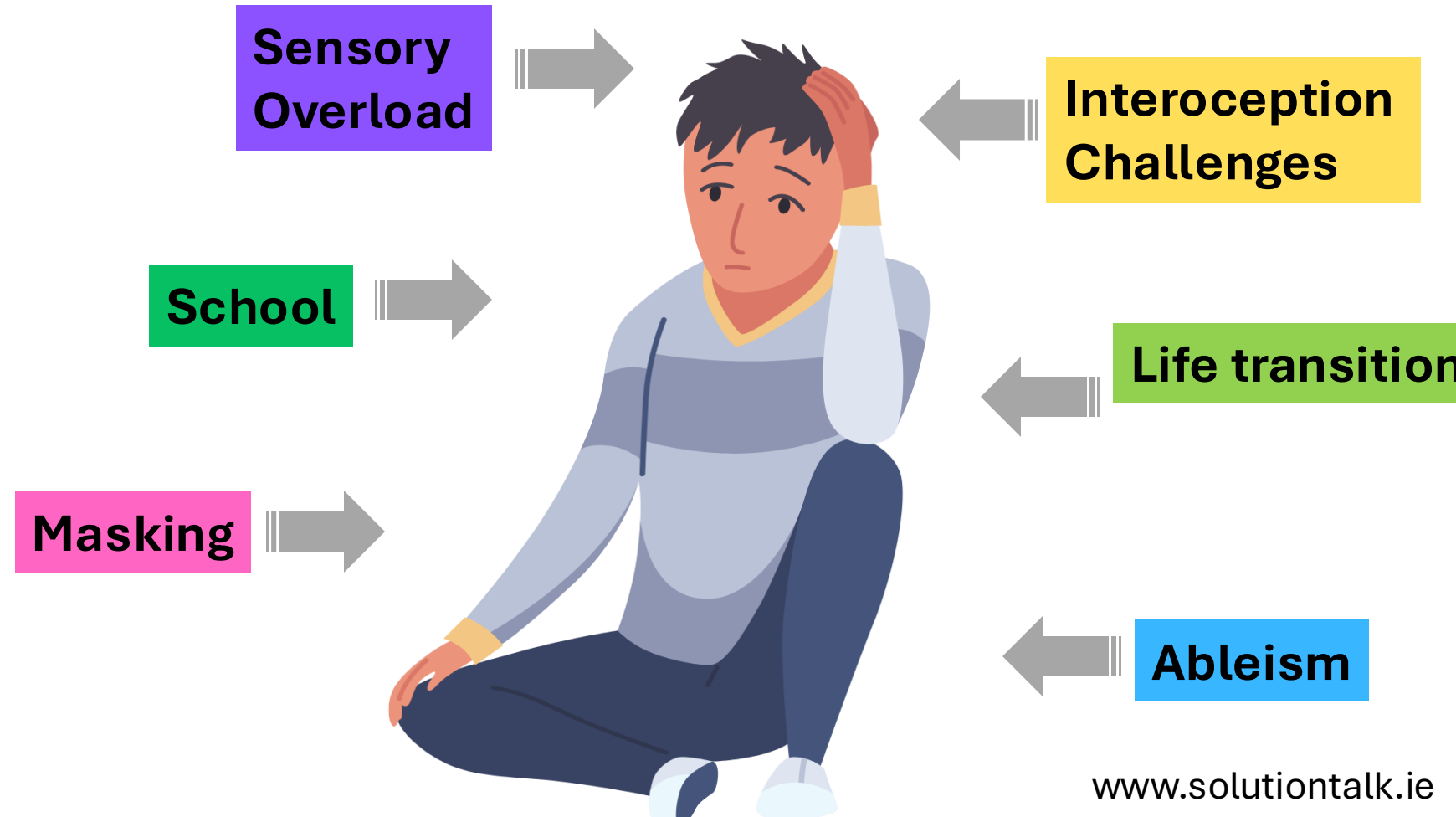
# Stress and Performance

A little bit of stress is a good thing...



# Stress and Neurodiversity

ND children experience higher levels of stress and burnout.

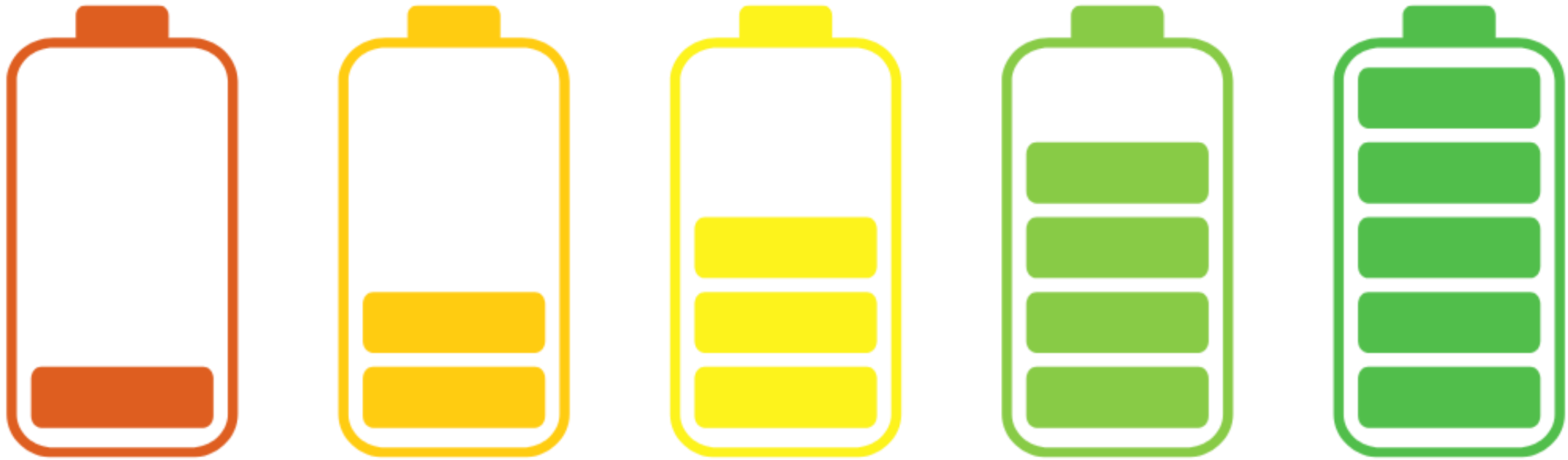


# Parenting and Neurodiversity



- Parenting can be both the **most rewarding** and the **most stressful** job.
- Parenting a ND child can bring **extra challenges**:
  - supporting your child to deal with extra challenges.
  - parenting differently to meet your child's needs.
- If you are an ND parent, your preferred **parenting style** and **needs** as a parent, may differ than NT expectations.
- Difficult to take a **break** from parenting.

# Your Energy Reserve



# Keeping Your Battery Charged



## Depletes Your Energy

- Physical and Mental Effort
- Dissatisfaction
- Worry
- Trauma
- Pain and Sickness



## Replenishes Your Energy

- Relaxation
- Satisfaction
- Purpose
- Rest and Sleep
- Pleasure
- Enjoyment

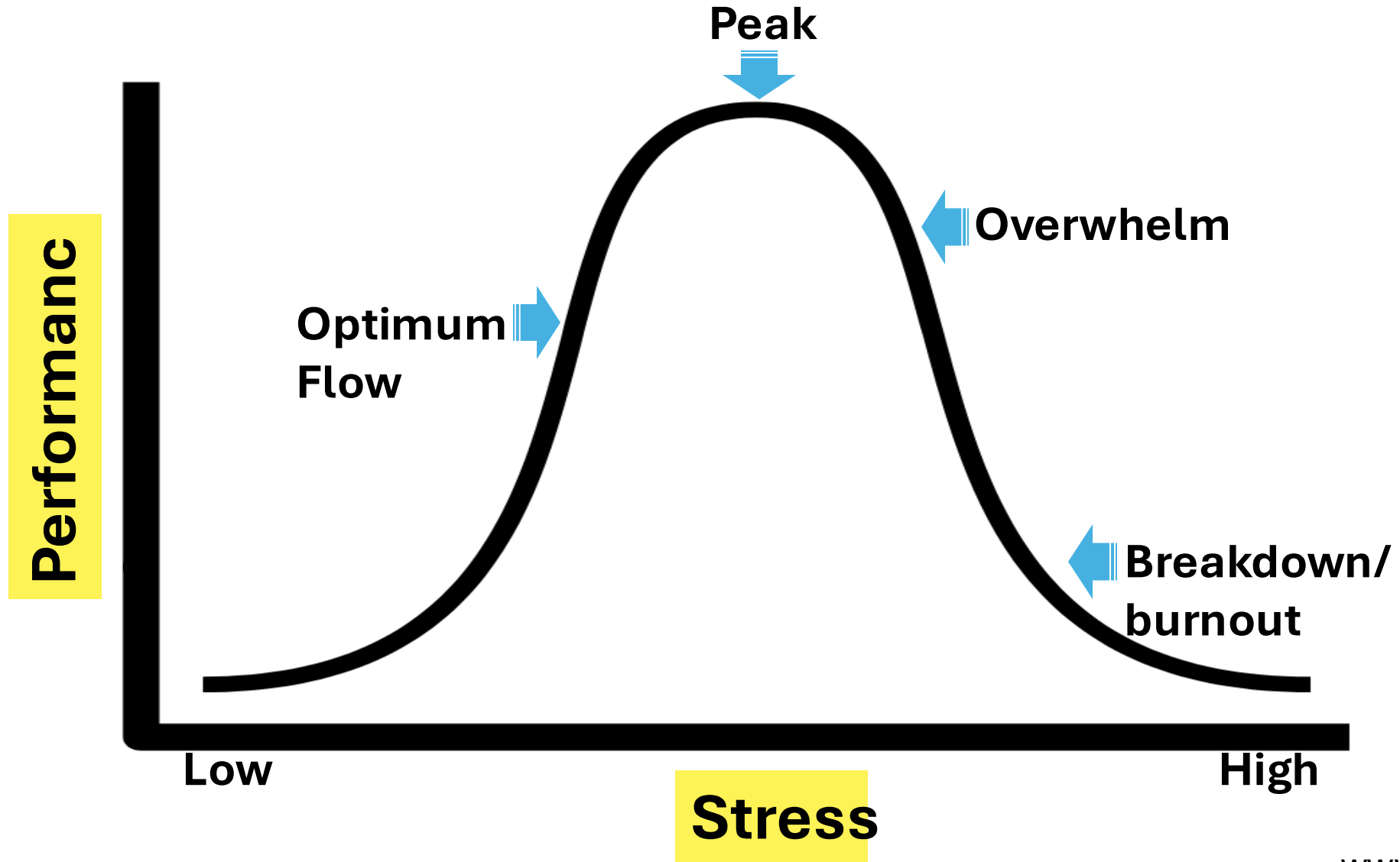
# Achieving Flow

Engaging in challenging and meaningful activity that replenishes more than it drains.





# Stress and Performance



# Burnout



# Accumulative Stress and Burnout

The straw that broke the camel's back.



# Stages of Burnout

## Balance

Stress happens but you recover. often in a state of flow.

## Increased Stress

You start to deplete your battery, not full recovery.

## Chronic Stress

Your is battery regularly depleted, feel dissatisfied, fed up, develop symptoms, anxiety, meltdowns,

## Burnout

You are unable to function, shutdown, illness, fatigue, depression, breakdown.

# Different Needs, Different stages

## Balance

- Maintain health
- Focus on prevention.

## Increased Stress

- Reduce stress.
- Increase recovery.

## Chronic Stress

- More major changes,
- Support for symptoms

## Burnout

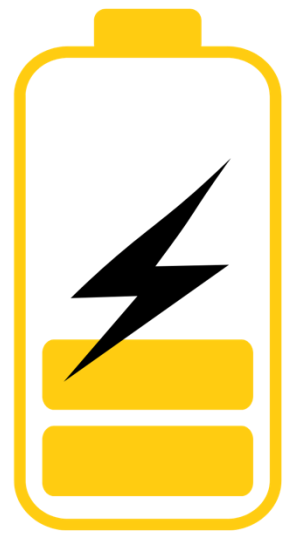
- Time off for recovery period.
- Major Lifestyle change needed.

# Preventing Burnout: Recharge your Battery



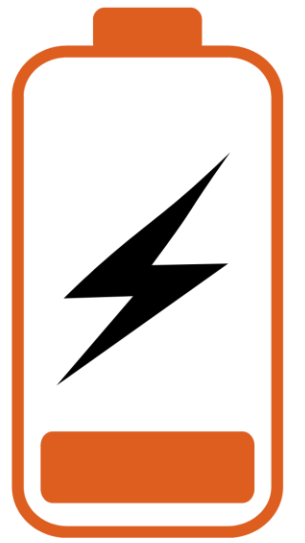
- Build a **good understanding** of:
  - What stresses you (and your child)?
  - What replenishes you (and your child)?
- Change **expectations**.
- Connect to **passions, special interests** and **similar people**.
- Facilitate **sensory experiences** and **stimming**.

# Recovering from Burnout



- Plan a period of **convalescence** and **recovery**.
- Remove the **demands** and **stresses** that caused burnout.
- Create a restful **sensory** environment.
- Focus on **self-care**, **rest** and **relaxation**.
- Connect to **comforts** and **special interests**.
- Reduce **social demands** if they cost too much to your energy.
- Set **small goals** for recovery.

# Parent Burnout



- Change **expectations** about parenting.
- Seek **help** and **advocate** for yourself.  
*(from partner, family or community)*
- Learn to **pause** and **interrupt stress**.
- Focus **small self-care goals** during the day.
- Focus on your **relationship** with your children.



# Keeping Your Battery Charged



## For your child:

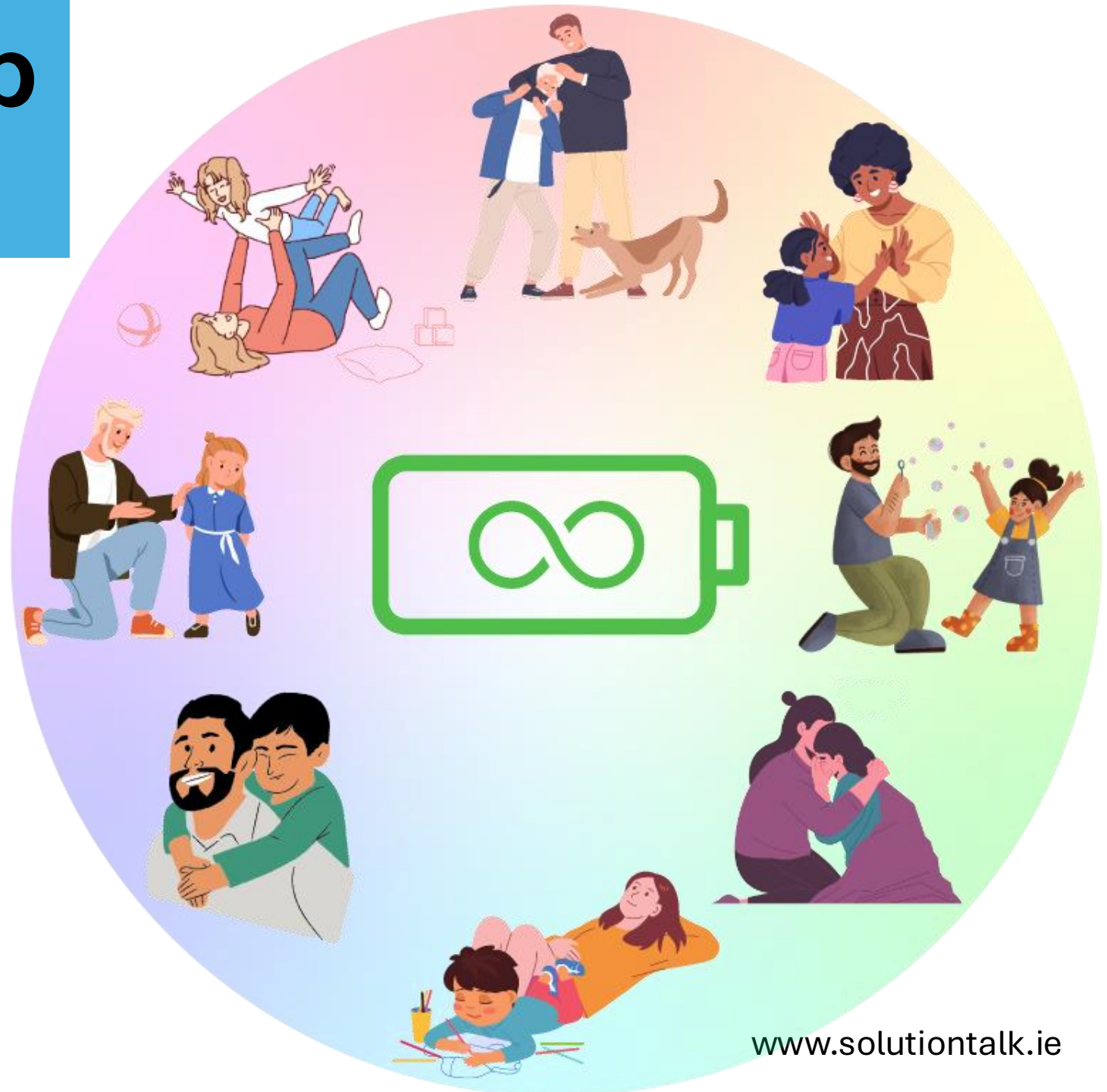
- *What **stresses** or **depletes** their energy?*
- + *What **replenishes** and **energises** them?*

## As a parent:

- *What **stresses** or **depletes** **your** energy?*
- + *What **replenishes** and **energises** **you**?*

# Your Relationship Battery

Creating a warm connected relationship with your child is key to reducing stress and improving well-being for both of you.



# Further Contact

## Parenting Exceptional Children

A strengths-based approach to raising autistic,  
ADHD and other neurodivergent children



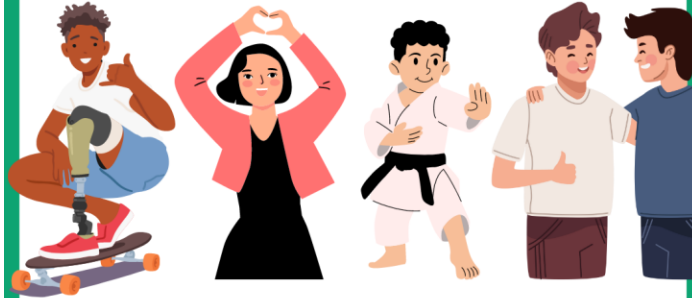
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3-week online courses with John Sharry  
October 2024

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## Supporting Your Teenager's Wellbeing and Self-Esteem

What a parent can do



An online workshop for parents with John Sharry  
Tuesday 22nd October 2024, 8pm

Bookings: [www.solutiontalk.ie](http://www.solutiontalk.ie)

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