


Conquer Chaos: Parent Hacks for Thriving at Home

Key Takeaways


1 **Signs of parent stress/ burnout:**

- Exhaustion
- Depersonalisation
- Lack of Fulfillment



2 **Impacts of parental stress/ burnout:**

- Affects mental & physical well-being
- Plays a part in the child's development
- Correlates with parenting styles



3 **Parenting strategies**

In the Heat of the Moment

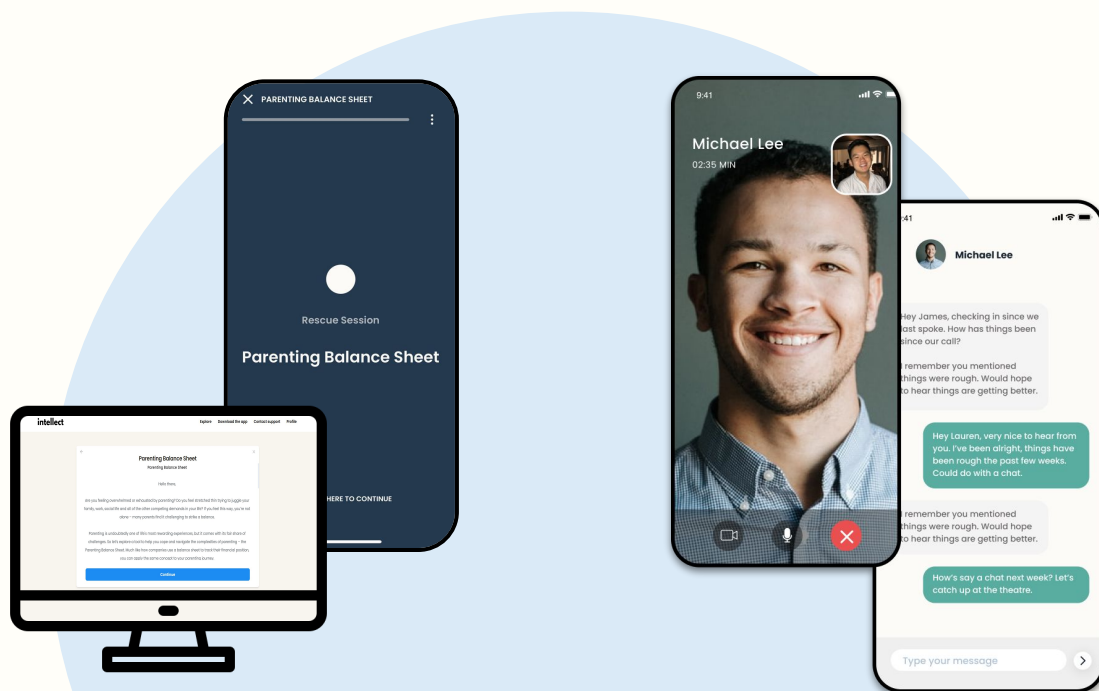
- Be more mindful of own stress and bodily or emotional reactions
- In the heat of the moment, pause and disengage
- Speak to partner or trusted ones

Long Term

- Seek social support
- Try to communicate more effectively
- Stress and emotion regulation (self-compassion, taking breaks)

From Insight to Action: Put Your Skills to Work Today!

Conquer your stress at home with immersive self-guided learning modules and 1:1 coaching support



Parenting Balance Sheet Rescue Session

A tool that provides better insights into your stressors and resources

1:1 Coaching

Discuss with your coach on how to cope with parental stress more effectively

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

