

Raising Playful Tots #140

12 things to do when you are tired and burnt out and the kids are about

Introduction

We all experience overwhelming tiredness and feelings of being totally burnt out. No matter our stage in raising playful tots we all tend to default to a few things. This episode of the Raising Playful Tots we look at some immediate things we can do right now and things to prepare for the next time.

Discussion questions

1. What's the one thing you do when you're tired for the kids to help you out?
2. What's the one thing you do for you when you're tired to help you out?
3. 'What do you do for quiet time reflective type activities? Examples might be Praying, Yoga and Meditation
4. Find a new comedy series, show or podcast that will make you laugh
5. What do other people do when they are burnt out and tired?
6. Listen to the future section and map out a few days of routines and see if you can find areas to catch breath amongst the high energy times.
7. Which one of the future activities are you trying and why?
8. What's a happy home? Are you doing too much/ too little?
9. There are many reasons why you might be tired and burnt out that are medically related. Seek medical advice and support.

12 things to do when you are tired and burnt out and the kids are about

1. Sit down activities
2. Change of scene
3. Prayer: Meditation: Yoga
4. Comedy
5. Music
6. Be kind to yourself
7. Routines
8. Food intake
9. Exercise
10. Pace of your child's day
11. Getting more sleep
12. Expectation of a happy home

Family next steps

Now it's time to go and take some action and work future proofing your next bout of tiredness. Pick ONE thing and prepare.
