

Guidance Guide

Are You Burning the Candle at Both Ends?

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With only a few weeks left in the school year, it is not uncommon to be experiencing some signs of burnout. I read recently that we only have a certain amount of energy reserve. Used correctly we establish willpower. Exceed our reserve and we start to lose our willpower, regressing back to habits that do not serve us in a positive way. Short term burnout is normal. However, left unattended problems could arise. Managed correctly, we can dip deeper into our reserves and finish the year strong. It's as if we are approaching the last few miles of a marathon. We are tired! We gave it our all! And we are ready to finish. However, we don't want to quit now. We have a few miles left and we spent months training. So what can you and your children do to cross the finish line?

As I say in every article, we can't make any changes until we are aware. So ask yourself.....am I feeling burned out? Signs of burnout are tiredness, a decrease in energy and motivation, difficulty concentrating, agitation, resentment, tantrums or in some cases an inability to decompress and relax.

To recover from burnout you will have to work overtime in the realm of **self-care**. Start with the basics and work with the level of energy that you have today. If you are burned out, you are tired. And your kids are tired. Those things do not pair well. I know it is beautiful in the evening and your kids will be confused as to why you are putting them to bed when it is still light out. However you will need at least 7 to 8 hours of sleep and your kids will need at least 10. What can you do to make this happen? Is it luring them upstairs earlier in the evening with a new book, a fun game, quiet time together? Know that you can see the finish line and you and your children can stay up later and enjoy the beautiful weather in just a couple of weeks. Perhaps a countdown calendar for all to see.

Meals. Healthy meals and snacks. If you need to cut corners, go for it! If you are sick and tired of making lunches and out of ideas, see if you can get your partner or an older child to make the lunches if they haven't had a turn. Turn to Pinterest. Ask for ideas from other parents. Buy healthy options at the store or let your child buy lunch from school for the rest of the year. Treat yourself to going out to lunch or making simple meals. Healthy, easy, fast. Whatever it takes. Add extra protein. This can be excellent when we are losing our reserve.

Look at your calendar. Is there anything on your plate that can be taken off temporarily (or permanently)? Do you have to go to that meeting? That gathering? That outing? Do you have to go to every single soccer game? Can your child skip a week of an afterschool activity over the next few weeks? Instead of having friends over for dinner, can you go out instead? Is this the best time to host an event? Can it wait until June?

Delegate and ask for help. Whether it is driving your child to an event or sharing the forgotten spelling list, ask for help. It saves a ton of time. Can a neighbor, family member or another parent help with rides? Childcare?

Do not put anything extra on your plate. When we are burned out, we tend to be less centered and it is easy to find ourselves saying "yes" when we really want to say

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“no.” Or eating that meal that makes us exhausted, drinking that extra cocktail or letting our kids watch more TV or play more videos games than we usually do. Take some quiet time in the morning. Plan your day. Ask a friend to hold you accountable for not adding unnecessary things to your list.

And finally, have sense of **humor**. You are not alone. Let the jokes fly, the silliness rise above the insanity that you may be feeling at this very moment. As my mother used to say, “this too shall pass.” Summer is around the corner. Woot! Woot!

Erie Day School Motto

May I live each day being mindful of the goodness that surrounds me.

May I always stretch my mind and heart so that I live my life in wisdom and love.

May I be a loyal friend to others and willingly help those in need, and may I always honor and respect the earth of which I am a part.



Erie Day School

Learning today, leading tomorrow.

Erie Day School
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If you have any questions, comments or additions to the *Guidance Guide*, or know someone that should be included on the email distribution list, please contact Allison Parr-Plasha at 814-452-4273 or via email at aplasha@eriedayschool.com

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