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Creative Tips to Help You Combat Stress and Avoid Parental Burnout This Summer

By Marina Khidekel

If juggling all of your responsibilities — working, parenting, taking care of yourself — feels extra challenging, you're not alone. These strategies can help you navigate it all with less exhaustion and more joy.

Homeschooling and online learning might have wrapped for the school year, but for many parents, the stress of 2020 lives on. As a result, many parents are headed into the summer at risk of burnout, having to keep kids entertained, fed, healthy, and busy — while simultaneously being available for work calls and tending to a myriad of responsibilities. In a recent survey, the American Psychological Association found that 60% of parents said they “have no idea how they are going to keep their child occupied all summer.”

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