



New Rainbow Education Newsletter

TO EMPOWER, ELEVATE, AND TRANSFORM
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NEW RAINBOW MAY NEWSLETTER



Mental Health Awareness Month



Are You Dealing with Parental Burnout?

As part of our May Mental Health Awareness Month series, we look at parental burnout. Parental burnout is a syndrome that can affect any parent. Parental burnout can have detrimental effects on parents' health and on our children. It is a syndrome that occurs when one chronically struggles to deal with the demands of parenting - job, school, pandemic, and raising children. This condition generally affects parents who are continuously exposed to situations that raise their parenting stress level and lack the proper resources and support in their daily lives.

Although both parents can be affected by this problem, studies overwhelmingly indicate mamas burnout more often than fathers (no surprise there). The lack of support systems for mamas leaves us feeling that we have to do it all alone. Our parenting journey requires ongoing empathy and support.

The symptoms of this syndrome can be detected as soon as you stop paying attention to things you love in parenting and the activities that used to bring you joy. Are you experiencing any of the following symptoms:

It is natural to feel the above symptoms in certain situations. However, if these feelings are becoming part of your daily routine, it's important to recognize and get yourself the support and guidance you deserve.



ARE YOU DEALING WITH HAVING PARENT BURNOUT?

- A feeling of being constantly overwhelmed by your responsibilities as a parent as well as unable to cope with them anymore.
- Feelings of being distant from your children, acting on autopilot, or as a robot
- Disappearance of interest in things related to parenting, loss of parental fulfillment
- Loss of pleasure in being with your children while you still love them
- Anger towards your children for acting inappropriately, in situations that would not have upset you before
- Loss of interest when your children are putting themselves at risk, while you would have been worried before



What's All the Hygge?



What we all have and continue to collectively experience, it is safe to say we can all use some of the hygge in our lives. Tired? Overwhelmed? Distracted? Searching for simple ways to connect and relax with family? Hygge just may be what you are looking for.

This Danish word can't be directly translated into English, Hygge (pronounced "hoo-ga") suggests a general sense of comfort, charm, simplicity, and community. According to the Oxford dictionary, hygge is defined as "a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being, regarded as a defining characteristic of Danish culture." The Danish concept of hygge became popular in 2016 when over 30 books were written about the subject.

Hygge is rooted in comfort, togetherness, and well-being; which by its very nature is inherently soothing. During times of war, upheaval, and a global pandemic it is no surprise that one would yearn for some of the feelings that hygge evokes.

Yearning for more hygge in your life? Are you comfortable lounging around at home in your sweatpants and a baggy t-shirt? Then that's hygge for you. Love sitting on the couch under a blanket, binge-watching Netflix series? That's hygge, too. Hygge can also be applied to places in your house, like a special hygge nook that is made for just sitting and being warm and cozy. It can even apply to furniture, like your favorite couch or armchair. It can also be a hug after a long day, a warm drink when it's cold outside, or waking up at 6 am and realizing it's the weekend. Hygge, it's a whole mood.

Hygge is a highly individual thing. There are also many ways to do hygge as a family:

- Cook together
- Have a backyard dinner
- Go for a day trip
- Go on a nature walk
- Read out loud
- Spend time with grandparents
- Dance
- Assemble a jigsaw puzzle together
- Watch a movie
- Build a bonfire and tell stories

What We're Cooking



I love to prepare quick and tasty meals that remind us of our time with family back home in St. Lucia. This is a family favorite Coconut Curry Shrimp best served on a hot bed of rice...
ENJOY!

Source:
<https://insidebrucrewlife.com/coconut-curry-shrimp/>

Coconut Curry Shrimp on Rice