# Syracuse Mother Triumphs Over Parental Burnout



**Mother from Syracuse Overcomes Parental Burnout**

Alicia Murray, a 33-year-old mother from Syracuse, New York, felt 'dread' at the thought of being with her kids all day. She looks after her two sons, aged six months and three years, before working in the evening when her husband, Eric, also 33, arrives home from his job as a project manager. Unable to justify the cost of childcare, Alicia experienced severe parental burnout, resulting in extreme fatigue and guilt.

Recognizing her condition, Alicia, who owns Convenient Counselling Services, made significant changes to her daily routine to address burnout. She emphasized the importance of self-care, including regular meals and rest days where she spends relaxed time with her children at home, free from any scheduled activities.

Alicia also overcame her reluctance to ask for help, enlisting her husband for tasks like grocery shopping. She now helps other mothers manage their own burnout, offering tips such as finding supportive friends, taking time for oneself, and avoiding unhelpful social media influences.

Alicia believes that taking small moments for personal enjoyment, checking in with oneself daily, and being mindful about one's needs can significantly help in managing parental stress.