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Parental Fatigue: It's Real. Especially for Parents of Children With Special Needs.

by Gwen Payne

If you've been wondering whether or not parental fatigue is a real thing, it is. All parents of young children go through seasons where they're overly tired and don't have time to tend to their own needs. But when your child has special needs, it can feel like you never leave that season.

Fortunately, you can take steps to regain your energy and vitality for life as long as you learn how to gauge your fatigue levels and are committed to making changes. Here are some simple tips from AZSDAKids on how to incorporate self-care to remedy your exhaustion:

Figure Out Your Levels

There are clear signs to be aware of when you assess your fatigue levels. For example, if you are married, gauge your connection with your spouse. Are you fighting a lot, communicating well, laughing together, or simply getting by? When you interact with your child, do you feel like

you have a short fuse and cannot enjoy the [little moments](#) with your family? If so, you may be combating fatigue.

Furthermore, do you have a support network? This network should be people outside of your home to whom you can reach out in times of need. We all need encouragement, someone to lend a hand, or someone to simply connect with now and again. If you feel like your energy tank is low and you need support, reach out to local church organizations like the [7th-day Adventist Church](#) who can get you and your family connected with the community.

Set (and Crush) Your Goals

It's so easy to let our life circumstances overwhelm us and dictate our path. It's often when we feel depleted that we let our dreams fall to the wayside. If you think you are capable of making room for new ventures in your life, don't wait. Achieve those personal goals, [start those hobbies](#), get that degree, or form that business you have always dreamed of.

If you want to earn some extra income and start a business, consider forming an LLC that would give you liability protection, provide you flexibility in ownership and management, and yield tax advantages. In an online search engine, look up "[LLC Arizona](#)" to find the rules governing how to form an LLC.

Start Caring for Yourself

Pursuing goals is essential, but sometimes you just need to show yourself some TLC to destress and recharge. Otherwise, you won't have the energy to tackle your day-to-day responsibilities and achieve your goals.

Start with your living environment. You can make many [simple changes](#) at home to improve your overall health and wellness, such as decluttering and deep cleaning to reduce stress. Also, adding houseplants can beautify your rooms while purifying the air in the process. And if you carve out a space in your living room or bedroom for quiet time, you can retreat to it whenever you feel overwhelmed.

Moreover, it's critical to maintain fundamental health habits when fighting fatigue. Focus your daily diet on whole grains, healthy fats, lean proteins, and vegetables. Drink [plenty of water](#), and limit your sugar intake. And whenever possible, try to fit in a [high-intensity workout](#) to bust stress in a short amount of time. All the while, be careful to avoid unwanted outcomes (e.g., overcompensating for your partner, overburdening your loved ones, ignoring depression symptoms, etc.) as you make self-improvements.

Parental fatigue is not something to be taken lightly. If you often feel like you have nothing left to give, then now is the time to do something about it. Consider the information and advice above as you plan a strategy to regain your vitality, and keep researching other ways to improve your energy and mood each day.