

# Identifying Mom Burnout

Mom burnout is marked by chronic stress and exhaustion from relentless caregiving demands. It can make mothers feel ineffective, resulting in a lack of confidence as a parent and pressure to be better, all while feeling a sense of disconnection from their children.

Do you have mom burnout? Review the checklist below, tally up your responses, and refer to our scoring guide to learn more.

## Check all statements that apply to you.

- You daydream about escaping your life to start a new one.
- You beat yourself up over parenting decisions and choices that you make.
- You worry about being a failure as a mom.
- You resent your partner for not helping around the house more. (Or resent moms who have a partner if you're a single mom)
- Feedback about your parenting or your kids from family or friends feels like a personal attack against you.
- You're afraid if one thing falls through the cracks, everything will fall apart and it will be all your fault.
- You don't have the energy to do more tasks than those absolutely necessary.
- Your children's negative behaviors are more frustrating than usual.
- You long for more free time for yourself.
- You feel like you're just going through the motions of being a parent every day.
- You feel disconnected from your kids and isolated from everyone else.
- You find yourself drinking a glass of wine (or two) or other alcoholic beverage daily to destress from parenting.
- You can't find time to exercise or engage in other forms of self-care.



# Identifying Mom Burnout

Identifying mom burnout continued...

**Check all statements that apply to you.**

- You long to talk to someone who can understand how you feel.
- You feel overwhelmed most of the time.
- You experience high levels of stress at work, at home, or both.
- You feel like you're completing more responsibilities at home than ever before, and constantly feel like you are behind.
- You feel like if you make a mistake on one thing, everything else will fall apart and you will be to blame.
- You find yourself yelling at your children more than usual.
- You're not interested in sex with your partner.
- You experience mom rage or hostility with extreme emotional highs and lows.
- You experience thoughts of regret over having children, despite knowing deep down you do not feel that way.
- You have difficulty asking for support or communicating your needs to others.
- You resent other mothers you see on social media who appear to have everything all together.
- You sometimes feel like your children deserve someone better than you as a parent.



# Scoring Your Results

Give yourself one point for each item you checked on the list to find out if you have mom burnout.

Your Score

0-11  
points

Score 11 or fewer points: you're hanging in there and experiencing the typical ups and downs of being a mom.

12-16  
points

Score 12 or more points: you're really stressed out and on the verge of experiencing mom burnout. Start implementing daily self-care strategies to start feeling better and help prevent mom burnout.

17-25  
points

Score 17 or more points: you're probably experiencing mom burnout and need help. Start implementing daily self-care strategies, but also consider reaching out to a therapist to help.





# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



300+  
Companies Reviewed



2,350+  
Hours of Firsthand Experience



1,150+  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

