



THE PARENTING STRESS RELIEVE FORMULA

THANK YOU FOR REACHING OUT & TAKING ACTION!

It is easy to feel trapped and overwhelmed by parenthood. Parents have to make ALL THE CHOICES about ALL THE THINGS and they are EXHAUSTED. During an interview, 40 parents have shared with me their 3 main problems. That totally resonated with me. Parenting is a Job, a really hard Job.

So, I analyzed the actions that I had put in place to address these 3 problems during the last 10 years and I developed the Stress Relieve Formula.

My name is Christelle Pillot, Mum of 3, certified coach & trainer, studied Personal Development for more than 20 years. I guide busy parents to recapture their freedom. Using tools and techniques to redesign career, build a second financial leg, simplify life, and rebalance life areas, I love to see my Clients gain energy, joy, ease, and a sense of fulfillment.

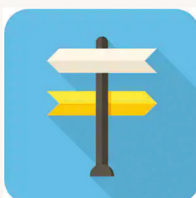
When you get this right and get creative with your family, the Relieve Formula will open a new life perspective – finding parenting easier and joyful - which is a good thing.



LACK of TIME

100% of working parents, full-time or part-time struggle with time management. Their days are filled with tasks, between the organization at home, the requirements of the children and work, they no longer have enough time to share quality moments with their children and their partner.

According to an article on Quartz (people-without-kids-live-better-than-parents-on-all-fronts-except-one) "Non-parents are actually 23% more likely than parents to say their lives are "not at all stressful." Parenthood is stressful but not only because of a lack of time.



COMPROMISES AND DECISION MAKING

Parenthood is stressful because of the compromises, and all the decisions that we must take as parents. Something that is often forgotten is that parents are not formally trained as educators; however, they are the first teachers of children, they are Life Teachers. This is a shared experience we all have as adults. Yes, some were better than others, but it was those things our parents taught us which have had lasting impacts on our life.

Parents lead by example. Every move, and every decision they make, for themselves, for their family and for their children has a huge impact. It touches all areas: nutrition, lifestyle, values, physical activity, education, communities.

These big responsibilities in all areas of life, coupled with a relatively small amount of time, give the sensation of being trapped and vulnerable, putting parents in a prolonged situation of emotional imbalance. The uncertainty in making choices, and sometimes knowing it might be the right choice for some members of the family but not for others can make it hard to cope with. This can lead to a loss of self-confidence, a general feeling of guilt, shame, inadequacy, and loneliness.



ENERGY

The activities, the decisions, the battle of wills, all of this can be very exhausting, and anxiety inducing. Being a leader is exhausting and you cannot lead without energy.

Energy is your number one resource. If you have no energy, your kids, your boss, your friends, your partner, the circumstances will win the battle. It might be a gentle battle or a harder one, but in the end, the one with the most energy will win.

Some statistics from NCBI (source here) "The first results of this ongoing research suggest that parental burnout may potentially affect up to 14% of parents (Raes, 2018). Parental burnout is characterized by three aspects that echo the characteristics of profession burnout while differentiating from it by being in relation with parenting: (i) Physical and emotional exhaustion; (ii) emotional distancing from one's children, and (iii) a sense of incompetency in one's parenting role"

Do not misunderstand me, parents generally are still happy to be parents, but they would like to feel a sense of freedom. Having kids completely changes a person's expectations and therefore we have to change our perception to be able to find our new sense of freedom. How to do that? I propose the Stress Relieve Formula

The Stress Relieve Formula

3 Steps to recapture your freedom.



Step 1: Simplify your life

Look at what is important to you. Make a list of what is meaningful to you in your life. Think about your life vision, your work vision, your parenting vision, and the values you put into it. Redefine the word Freedom.

Be Prepared to simplify your life. Make a list of the tasks that you do that are not part of your values, your life or work vision.

Now Simplify it. Look at what you can stop to do, delegate, or organize differently. This step will free up time, give you some energy back and help you to find a compass in your life. It is not always easy to know what is important to us, sometimes our conditioning or beliefs are very strong, so be gentle.



Step 2: Energize your Life in a good way.

If you are bored or burned at work or at home, look at what energizes you, what you are good at and what you enjoy doing.

Make a list of what energizes you.

Look at your uniqueness, how you are individual and distinctive.

Make a list of your successes and the related emotions.

Make a list of your qualities and look at how to use them more.

Look at how you can use your success story and how you can build more good moments in your daily routine. We all have unique gifts, talents, and personality! We can use them to our advantage. Focusing more on what you are good at and developing yourself further, discovering and exploring more of your true self will give you a boost of energy and elevate your self-esteem. That is the best way to refill your resources.



Step 3: Learn the Art of Communication

Communication is an art and it is so powerful.

I would suggest 4 communication steps:

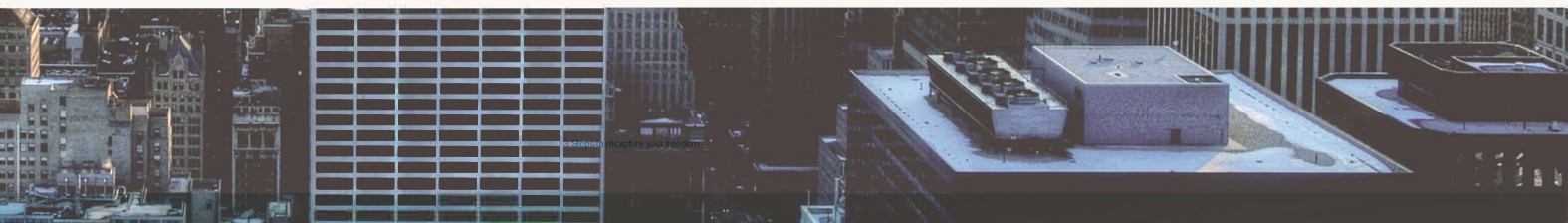
Try to understand the situation before judging and assuming.

Speak from an "I" position about how you feel. "I feel surprised, I feel stressed because of this situation".

Explain what you need "I need more time, I need more understanding, I need more space"

Make a clear request but not a demand. "would it be ok if I take some space, If I take 5 minutes"

Here again, it is a process, be gentle with yourself.



What if I don't know where to start?

The Stress Relieve Formula is very powerful if you apply it consistently. However, precisely when we are overwhelmed, it is difficult to change habits. We don't know where to start, how to start and what to start. If you'd like some help with applying the Stress Relieve Formula, I am pleased to share it in a 30 minutes free Session.

In this session, we go through your obstacles and set up your next 3 action steps for you to improve your life quality.

If you feel that makes sense and you want to speed up your freedom process, book your free session by clicking the button below!

30 Min. Stress Relieve Session

