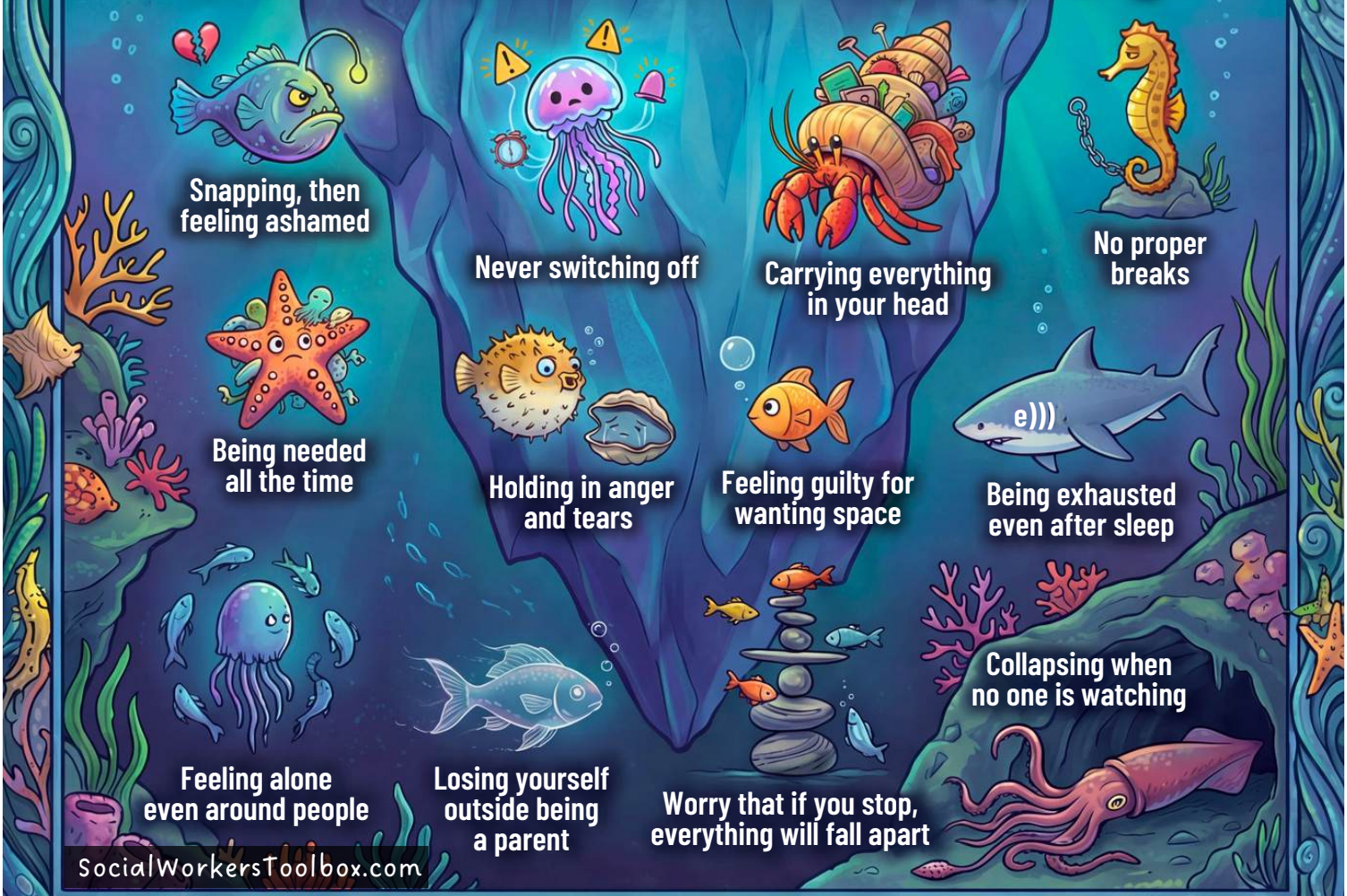
PARENTING BURNOUT ICEBERG

WHAT PEOPLE SEE - THE MASK



BELOW THE SURFACE - WHAT IS REALLY HAPPENING



SocialWorkersToolbox.com

Burnout is not about being a bad parent.
It is about too much for too long. Most of it is hidden.
That does not make it less real.