

BEAT THE BURNOUT

Five simple resets to protect your energy and your homeschooling.

The 10-minute mercy break

Step away from teaching for ten minutes & do one of these. This resets your nervous system and your patience.

Drink Walk
Slow Steps
+
SubhanAllah

Stretch
And deep breathe

Sit in silence
with a warm drink

The 3-Task Day Rule

Burnout often comes from doing too much. Choose ONLY three must-do tasks for the day. Everything else is optional. This keeps learning steady without draining you.

The Social Swap

If you're drained, outsource ONE thing socially:

- ☐ A playdate at someone else's home
- ☐ A library program
- ☐ A community class

Let someone else carry the social load for the day.

Connection Before Correction Trick

When your child melts down, pause academics.

Offer connection first: a hug, a calm tone, a reset.

Then return to the task.

Connection reduces 80% of power struggles.

The Weekly Reset

Pick one evening a week where you do no planning, no teaching, no emotional labour. Use it for rest, ibadah, journaling, or something that fills your cup. A rested parent is a more patient teacher.



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