

Presented by BU Happiness College

Mum Rage and How to Navigate It

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What puts you at risk for parental burnout?

@PSYCHEDMOMMY



little to no support from your co-parent



financial strain



having young children



social comparison



history of depression, anxiety, self-doubt



having perfectionistic tendencies



having an 'I don't like to ask for help' attitude



limited support from family and friends

MOM TRUTH: I'm my biggest critic

I'm not doing enough

I'm failing everyone in my family, including myself

It seems so much easier for everyone else

My kids deserve better

There's no way I can do this

I'll let everyone down if I don't do it all

I don't know what I'm doing



Dr. Ream | Moms Mental Health
@psychedmommy

When we become moms, our time, energy, and bodies are no longer our own. We share it all with this tiny human who basically dictates our every move for the first year or more.

Add postpartum hormones and mental health challenges to the mix, and it feels like we can't even control our internal environments.

The identity crisis of motherhood

@PSYCHEDMOMMY

My body doesn't feel familiar

How can I be a mom and a partner?

I used to have a social life

I don't feel connected to my friends

I'm just a mom

I used to be so driven

I don't do anything important

Once upon a time I had goals

How can I balance work and home?

My days all blend together

Who am I?



As moms, we do so much for our family.

And with most of that labor being invisible — the planning, organizing, and executing of regular household and family tasks — we're rarely thanked for all this hard work...

That can leave us feeling underappreciated.

@psychedmommy



Things that put me over the edge as a parent...

@PSYCHEDMOMMY



meal refusal



sickness



loud noise



comparison



messy house



potty training



things not going as planned



whining



being the preferred parent



sleep protests



What is Mum Rage?

Mum Rage

Mum Rage refers to the intense anger or frustration that mothers experience when they feel overwhelmed, stressed, or unsupported in their role as a parent. It can lead to outbursts, yelling, and even physical aggression towards their children, partners, or themselves.

Can I identify anything specifically that leads me to 'Mum Rage'?

**What are my reactive behaviours when I feel this?
How does that make me feel?**



The Top 10 Reasons



Lack of sleep



Financial Stress



Work-Life Balance



Relationship issues



Parenting challenges



'Perfect Mum' complex



Feeling unsupported



Household chores



Health / Mental Health Issues



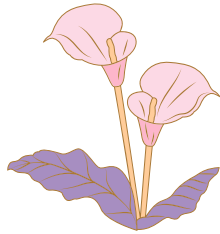
Number 10 - The Mental Load

- Serve as the central point of communication to staff (babysitters, landscapers, cleaner, contractors etc).
- Coordinate all cleaning & repairs.
- Manage all travel bookings and itineraries.
- Make restaurant reservations and RSVP to events (in communication with Studio Manager).
- Coordinate and confirm personal appointments.
- Prepare family for anything they may need to do ahead of time.
- School drop off/pick up
- Diary keeping & social activity organisation (swimming lessons, dancing etc, Birthday parties etc)
- Keep track of & pay bills
- Organise passwords, phone chargers etc.
- Do washing, fold clothes, put away clothes
- Keep family documents up to date and organised.
- Manage online subscriptions (Netflix, Spotify)
- Manage IT needs (phones, iPads, computers).
- Pack for travel.
- Organise clothing for family.
- Extra: Dry cleaning, purchase gifts, grocery shopping, post office drop offs/pickups.

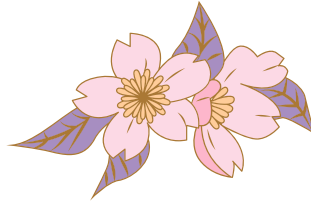


Notes:

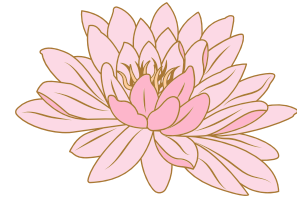
Your Tools



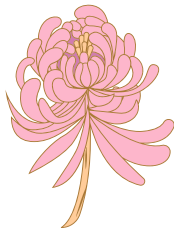
Awareness



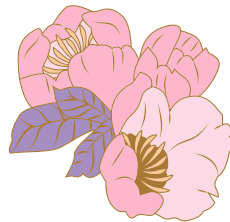
**Leveraging vs.
Leaning in**



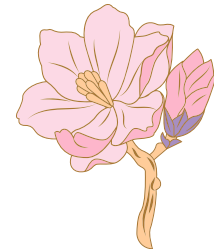
**Sharing how you're
feeling**



**Let go of
expectations**



**Creating some
structure**



HALT theory

Notes:

A large, empty, light gray rounded rectangular box intended for taking notes.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...