



Parenting Stress & Anxiety

What's happening beneath the surface, and what helps

You're not failing. Your system is overwhelmed, and support is available.

WHAT IT CAN LOOK LIKE

Signs of parenting stress & anxiety

- ✓ Feeling constantly overwhelmed or overstimulated
- ✓ Irritability that shows up quickly or unexpectedly
- ✓ Guilt after reacting in ways that don't match your values
- ✓ Emotional exhaustion, never feeling rested
- ✓ Racing thoughts or difficulty slowing down
- ✓ Sleep disturbance



These experiences are often layered with cultural expectations, intergenerational dynamics, and limited support systems.

A CORE SKILL

What is self-attunement?

Noticing and understanding your own thoughts, emotions, and physical sensations, so you can respond to yourself and your child with greater care.

Try asking yourself:

- What am I feeling right now?
- Where do I feel this in my body?
- What do I need at this moment?



Your ability to manage your emotions through self-attunement directly impacts your child's sense of safety and their emotional regulation.

WHAT'S HAPPENING INSIDE

The disconnection cycle

- Focused outward all day
- Lost connection with your own inner experience
- Overwhelm, irritability, anxiety increase
- Guilt, burnout, more disconnection



Your reactions may feel bigger than the situation. Parenting often activates deeper emotional patterns from your own experience of being parented. This is not failure, it's information.

IN THE MOMENT

Practical ways to manage parenting stress

- 1 Name what you're feeling without judgment
- 2 Pause before reacting, even a few seconds shifts your response
- 3 Create micro-moments of care: breathing, stepping away briefly
- 4 Journal or talk to process overwhelming thoughts
- 5 Notice your triggers, identify patterns in when stress shows up



CULTURAL CONTEXT

Added layers in immigrant & diverse families

- Pressure to "handle everything"
- Fear of community judgment
- Intergenerational expectations
- Migration stress
- Limited space for emotional expression



These messages shape inner dialogue — "other parents don't struggle like this" — and make it harder to acknowledge your own needs. Culturally attuned therapy gently unpacks these beliefs.

HOW THERAPY CAN HELP

Parent therapy at Shanti Psychotherapy

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- 3 Create micro-moments of care: breathing, stepping away briefly
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- 5 Notice your triggers, identify patterns in when stress shows up



Therapy is not a sign of failure — it's a form of support for both you and your family. You don't need to be at a breaking point to reach out.

Trusted & experienced clinicians

WORK WITH OUR TEAM



Nirupa Thana, MSW, RSW



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Sonomi Tanaka, RP

Parenting support from therapists who understand the weight you carry culturally, emotionally, and personally.