

PARENTAL GUILT

Guilt is an emotion commonly experienced by parents and caregivers that can lead to conflicting feelings about the many roles they take on. Guilt is a complicated emotion that plays on our conscious and makes it challenging to find a healthy balance in life. Many parents or caregivers may experience challenges being present in the many roles they take on or find it challenging to take time for themselves, you are not alone in these experiences. Very Well Mind features an article that explores the characteristics, causes, impacts, and coping skills associated with parental guilt. If you are struggling with guilt relating to your experiences as a parent or caregiver, check out this great article linked below.

Source: Gupta, 2023

Link: <https://www.verywellmind.com/parent-guilt-causes-characteristics-and-coping-strategies-6746224>