



# 4 Steps to Healing Fatigue for Parents of Special Needs Children

By Gwen Payne – August 2022

This article lays out a concrete, step-by-step plan to help the parents of children with disabilities assess their fatigue and address the root causes of these issues in a sustainable way.

As the parent of a child with a disability, you might struggle to keep up the energy you need to care for your child, manage your household, and work outside the home. Raising a child with special needs is never easy, especially if you've been struggling to get them the support they really need. By looking up mental health resources from [Life's Journey](#), you can start to uncover the roots of your exhaustion and find [solutions](#). Here are a few steps you can take to remedy your fatigue.

## Evaluate the Roots of Your Fatigue

If you're struggling with exhaustion, it's important to hone in on why you're so tired. Fatigue has many possible causes. OnHealth [states](#) that fatigue is often caused by a lack of sleep, depression, or a poor diet.

Take some time to think about when your exhaustion started and what it's connected to. For example, how is your satisfaction with your marriage? How much time do you spend exclusively on caregiving? How much social support do you have? Are you getting enough quality sleep? The honest answers to these questions will help you find lasting solutions.

## Implement a Self-Care Plan

Once you've got a good grasp on where your fatigue is coming from, you can design and implement a self-care plan with the help of your partner. Making these lifestyle changes might involve asking for more help from your family and a wider [support system](#).

For instance, you might be ready to make some basic [changes to your diet](#), such as swapping out chips and soda for healthy snacks like fruits, smoothies, or nuts to boost your energy. If you've realized that your fatigue may be a symptom of depression, you may want to begin [seeing](#) a therapist.

Depending on your symptoms, your therapist might recommend antidepressants. Allure [states](#) that antidepressants can be beneficial for people who are having trouble caring for themselves or completing everyday tasks. Before prescribing an antidepressant, your doctor will take several factors into account, such as your symptoms, pre-existing medical conditions, and any other medications you may be taking. They will also monitor your response and any side effects carefully.

## Pursue Your Own Goals

Once you've revised your routines and created more room in your schedule, you'll have the chance to focus on some of your personal goals, from taking college classes to volunteering to starting a business. If you're interested in [entrepreneurship](#), you can create a striking business logo to draw in customers. It's [simple](#) with an online logo maker - just choose a style and icon, include the text you want, and tweak the colors and fonts until you get them just right.

## Avoid Potential Pitfalls

Making big lifestyle changes always brings risks. You'll want to communicate openly with your partner and anyone else helping out your family to ensure that you're delegating responsibilities fairly. You will also want to continuously assess how you're feeling - if the changes you've implemented aren't working, you'll have to identify which other areas of your life need more attention. You can also keep checking in with your therapist for advice when you feel like you've hit a stumbling block.

Parenthood is always tiring, particularly when your child has a disability. Addressing your fatigue will benefit your whole household. With these recommendations, you'll be able to focus on self-care!

Are you seeking guidance to make it through a difficult time in life? Turn to [Life's Journey](#) for advice. Browse our blog today for tips on managing your mental, physical, and spiritual health.