PARENTAL BURNOUT, NO TABOO

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You feel bad, not good enough, guilty...

Nowadays, the "job" of being a parent is increasingly a source of anxiety, of doubts and fatigue. It might even go as far as total exhaustion, moral and physical, called the "burnout".
This phenomenon is still taboo, as the values of perfection and performance are an integral part of our society, even when it comes to the education of children. For our film, parents decided to break the code of silence to speak openly about their burnout.

Faced with their anguish, two researchers and a psychoanalyst tell us how to restore confidence. Becoming aware of the social pressure that weighs on the parents and accepting one's own limits and shortcomings, can help prevent a burnout, or to recover from it.

AVAILABLE FOR SCREENING: original French (commentary, sub-titles, signing)

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