

# Being a parent, guardian & caregiver: Dealing with Guilt

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# Guilt: Why do we feel guilty

- Its my responsibility
- Conflict of time
- I have to choose which is more important

# My Story: all the roles

- Full-time career
- Full-time mom
- Self-care, When?
- Combating social norms -> guilt

# Some Strategies to try

- Have a plan,
- Share and communicate it with your circle (Colleagues, Family, Friends)
- Its ok to ask for help!



# Questions?

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