



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I a Stressed Parent?

10 questions about your parenting wellbeing

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ The teenage years are not a problem to be managed – they are a transformation to be witnessed. Parents who stay curious, who listen before they advise, never lose their children.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles

Am I a Stressed Parent?

This assessment helps you understand your parenting stress levels. Please answer the following questions honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- How often do you find yourself losing patience with your child?
- Do you frequently feel overwhelmed by the demands of parenting?
- Do you experience guilt about not doing enough for your child?
- Do you often have conflicts with your co-parent regarding child-rearing?
- Do you dread bedtime routines or other daily parenting tasks?
- Do you feel trapped or like you have lost your personal identity since becoming a parent?
- Does your child's behaviour often trigger strong, difficult reactions in you?
- Do you find joy and fulfillment in your parenting role?
- How often do you worry about your child's academic performance or future?
- Do you experience friction with other family members (e.g., in-laws) regarding parenting approaches?

Score: Count the number of 'Yes' answers. This will give you an indication of your current stress level.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Low Stress

You are managing parenting demands well. Continue nurturing your positive approach.

SCORE: 4-6

Mild Stress

You are experiencing some parenting stress. Consider small changes to manage daily challenges.

SCORE: 7-8

Moderate Stress

You are under significant parenting stress. It is advisable to seek support and implement stress-reduction strategies.

SCORE: 9-10

High Stress

You are experiencing high levels of parenting stress. Please reach out for professional guidance and support to navigate these challenges.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, seeking support is a sign of strength, not weakness. Explore resources that can help you manage parenting stress and reconnect with the joys of raising your child.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these questions resonated most with you, and why?

2. What is one small step you can take this week to reduce your stress?

3. How can your support system (partner, family, friends) help you manage these feelings?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Parenting Workshop

Learn practical techniques for calm and effective parenting.

₹499

2

Parent-Child Connection Guide

Strengthen your bond with your child through engaging activities.

₹299

3

Stress Management for Parents E-book

Discover strategies to cope with daily parenting pressures.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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manas365.com



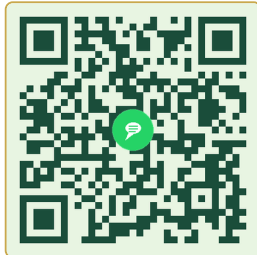
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"You are showing up. That is the most important thing any parent or young person can do."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224