

You Are Not Superhuman!

You are pretty awesome but you're not superhuman and you don't need to be trying to do it all right now. Let's look at your super skills and what is good enough.



Super Skill: Parenting

You are always a parent so what's changed? Well, usually your child/children are at school for a large chunk of the day, five days a week and that has suddenly changed. It might mean difficult interactions within the family. It might mean that your children are behaving differently. It might mean that you are trying to split your time between many different roles. If at times you feel as though you aren't being the best parent, you can rest safe in the knowledge that you are doing your best and that is good enough.



Super Skill: Employee

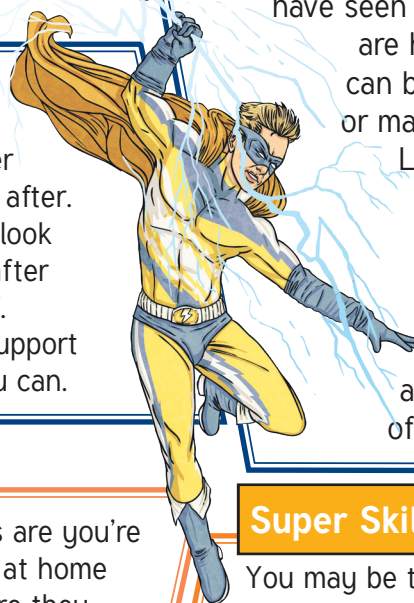
You might not be employed or you might be employed part-time or full-time. You might be trying to work from home or you might have to still be going to work as a keyworker. Whatever the case, chances are your situation has recently changed and is throwing up some new challenges. Just do your best. That's all anyone can ask. Be open with colleagues about your situation and your struggles and seek help if you need it.

Super Skill: Finance Manager

You might be finding the current situation really difficult financially. Many households have seen a drop in their income and are having to think about what can be done to delay payments or make their money go further. Look online for advice from the government and only buy what you need, when you need it. Contact companies you make regular payments to to ask about support they can offer in these difficult times.

Super Skill: Caring for Others

You may find that you are not only looking after your close family members in your household right now but that you have other relatives or neighbours that you are looking after. This is important but you mustn't forget to look after yourself too. After all, you can't look after others if you have not looked after yourself. Keep in touch with others, ascertain what support others need from you and just do what you can.



Super Skill: Teacher

You may be a qualified teacher but chances are you're not. Suddenly, you have your child/children at home and you feel the pressure of trying to ensure they don't fall behind academically. However, you do not have to fill the role of their actual teacher and you are not officially home-schooling them. You are overseeing the work the school has sent home as best you can while juggling lots of other roles. The wellbeing of your children, as well as your own wellbeing, is the most important thing right now.

Super Skill: Shopper and Caterer

You may be the key shopper and caterer in your household and, even if this has always been the case, right now this may seem significantly more stressful. Trying to buy enough food to feed your family when the shelves are empty is hard and cooking with limited ingredients certainly isn't easy. Search out quick, easy recipes online and just do your best. As long as everyone has something to eat, it isn't the end of the world if it's not quite what you usually have.

