

Feeling Overwhelmed?

Discovering your core values and how to work towards them

What do you have to do? What is additional now?

Have to do. e.g.

- Eat
- Sleep
- Self care
- Exercise
- Work
- Wash clothes
- Grocery / shop

Additional now. e.g.

- School
- Teaching
- Watching for children safety
- Turn in school reports
- Other family members needing you

What do you wish for when Covid 19 is behind us?

Think ahead 2 years. As you look back on this time:

- What is a wish you have for each of your children?
- What is a wish you have for yourself ?
- What is a wish you have for your family?

What are your parenting values?

What patterns do you see in your wishes? Those are your values.

What are your values?

“Your true values are the things that will lead you towards what you find fulfilling and worth living for. They are the qualities you are willing to continuously work towards.”

- Mark Dixon

Write down what you are doing each day

When are you sleeping? How long do you sleep? Is the sleep high quality?

When do you eat? What are you eating? Who prepares it?

When do you work? Are you doing the work you want to?

Do you exercise? How much?

Do you do housework? When? How long does it take?

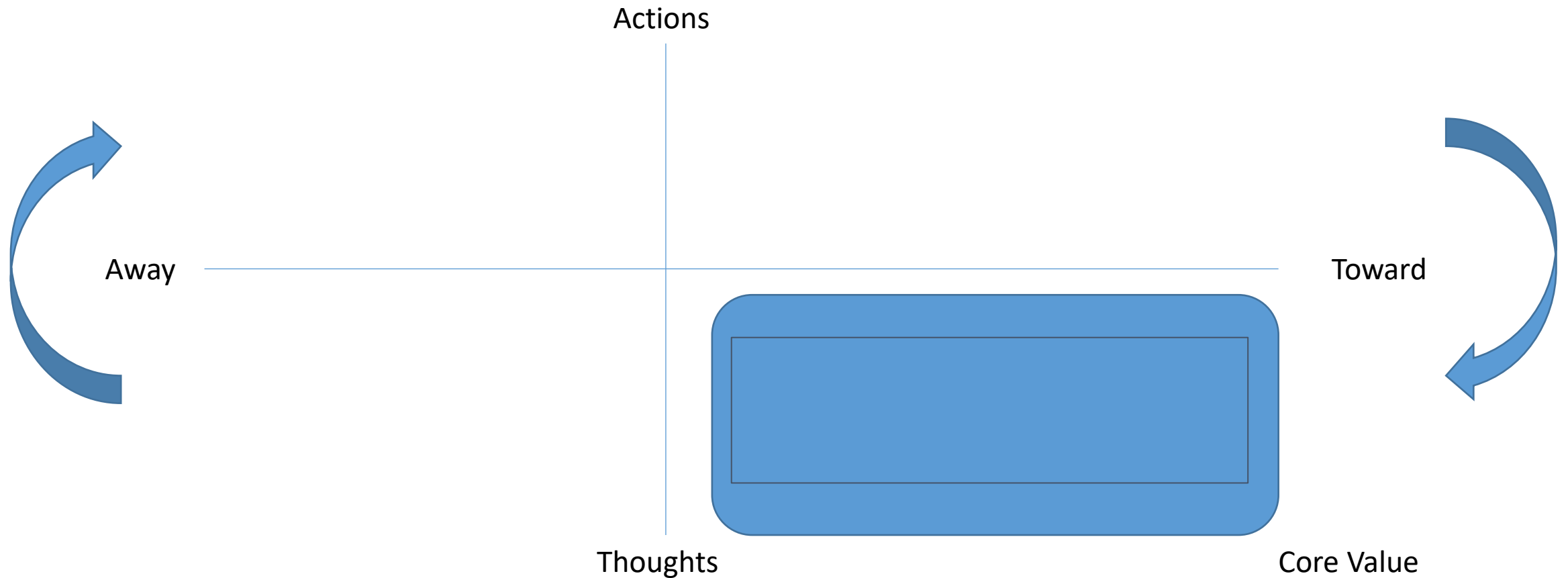
What are you doing with your free time?

Are you spending time with others? What are you doing with them? Do they feel loved when they are with you?

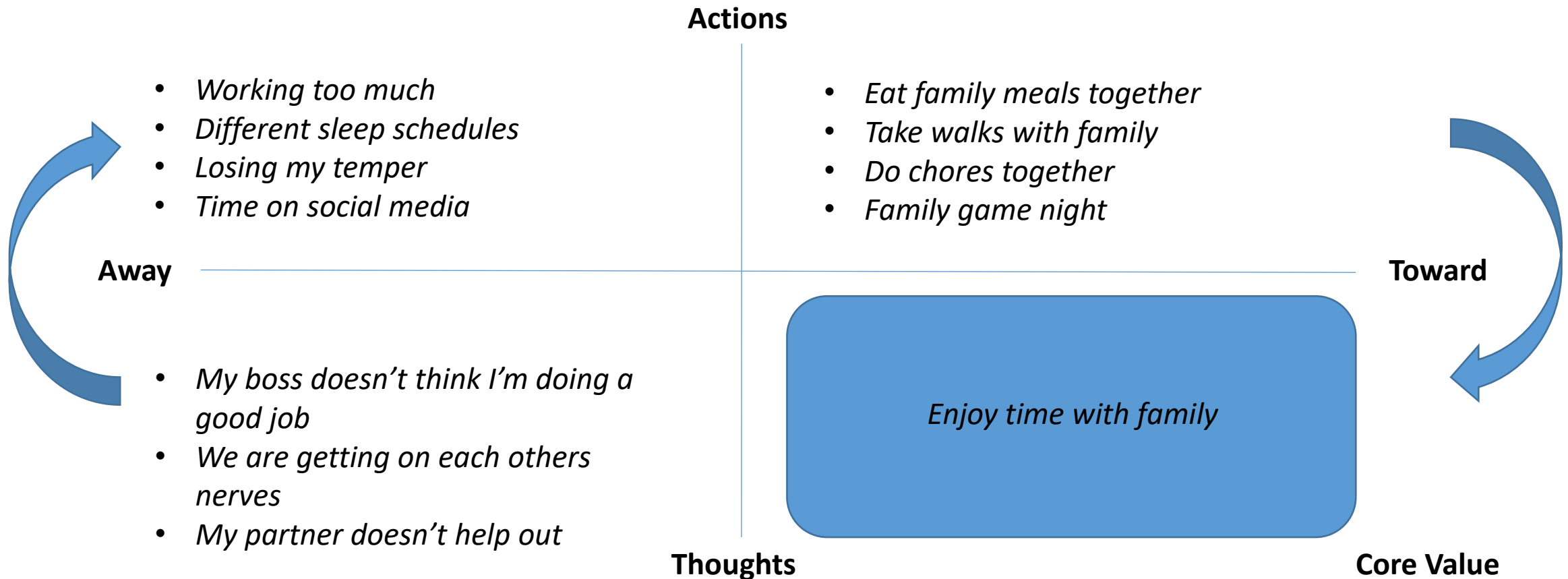
How do you take care of yourself? When?

What else?

How can you move towards your values?



How can you move towards your values?



Scheduling

What time do I have totally for myself?		What is getting in the way?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Help tips

- Establish routine that matches what you have to do
- Think about are there things you are doing that you don't have to do
- Take care of yourself. This is actually a “must do.”
- What you don't HAVE to do – don't feel like you have to be an overachiever
- Include the whole family getting things done
- Don't judge yourself / compare yourself to others
- Thinking about what you WANT to do is important

You can't do it all...

And that is OK

- Be true to yourself
- Be honest with the people who rely on you – “clear is kind. Unclear is unkind” – Brene Brown
- If your priorities conflict with the priorities of those who are relying on you, tell them, and work it out.

There is no one right answer