

# HOW TO MANAGE DIFFICULT TIMES

## A WELL IN MIND GUIDE

Even during “normal” times, many of us feel we aren’t fulfilling our spouse, parent and employee roles perfectly. Today it might seem impossible, but we can aspire to be our best selves and remember that we won’t always be living in a pandemic. In the meantime, there are coping strategies you can use to alleviate any burnout.

### Prioritize

Not everything can be the top priority. Recognize that you wear multiple hats, and may still be conducting your roles in ways you haven't had to before.

### Be Flexible

Within that schedule, allow for flexibility. Allow kids to have some role in planning to help them feel more involved in the process. Make sure there is white/blank space in your schedules!

### Be Creative

Take a non-traditional approach. There is no rulebook for how we manage our time, family, or self-care. What worked pre-pandemic may not fit your current circumstances anymore. Be creative and adapt to where you are at in the present.

### Plan

Every weekend, make a plan for the upcoming week that includes work and household tasks, kid's school and non-school activities. Use a planner or wall calendar that everyone in the house can see.

### Quality over Quantity

Quality is more important than quantity. Try to plan quality time for yourself and your family, ensuring some of that time does not have screens. Being fully engaged in a task for 30 minutes is better than multi-tasking between your phone and plans for 90 minutes.

### Take Care of YOU

If you're feeling overwhelmed, tired, or just not yourself, you're less likely to meet the day's demands. In addition to good nutrition and exercise, check out the tips below to help you be your best self.



## TIPS TO HELP YOU BE YOUR BEST SELF

Set a time to be off from work and adhere to it as much as possible!



Use your vacation time! Whether you go somewhere or take an extra day or two at home, use that time to recharge.

Arrange a support group/virtual meet-up with friends or family as a way to connect and combat feelings of burnout and isolation.



If you need more support, contact Well In Mind at:  
x 35596

815-933-2240, option 2

Kristin Bell, LCPC: [kbell@rhc.net](mailto:kbell@rhc.net)

Laura Hogan, LCPC: [lhogan@rhc.net](mailto:lhogan@rhc.net)