



Reducing the Pressure

In a time where our schedules and routines are turned upside down, with some finding themselves busy working from home, and others are suddenly not working and struggling with how to fill the day—it can be easy to start comparing ourselves, and our day to day accomplishments with others. Lots of ‘shoulds’ are coming up for people, “I should be using this time to *exercise*, *learn a new language*, *create perfect lesson plans for the kids* and so on.

Yes, it’s important to try and exercise, yes our kids do need to learn—but can you keep up with all the possible options? If you’re working (from home or not) is it realistic to expect you be able to engage in all the various activities your friend who has been laid off can? No.

The amount of pressure we can create for ourselves, by comparing ourselves to others can be exhausting. If you feel like you are constantly hearing yourself say or think the words “I should” - it’s time to step back and get realistic.

<h2 style="text-align: center;">Shoulds</h2> <p style="text-align: center;">What do I wish I could be doing? What a I telling myself I ‘should’ be doing?</p>	<h2 style="text-align: center;">Reality</h2> <p style="text-align: center;">Is this something I can realistically accomplish right now? What would be reasonable?</p>
<p><i>Exercising everyday for an hour</i></p>	<p><i>Not completely. with work and the kids I don't have time. Maybe twice a week for 30 minutes and taking the kids for a walk everyday?</i></p>
<p><i>Learning a new language</i></p>	<p><i>No—work, and the kids, and my own stress. I don't have time, and I'm struggling to concentrate</i></p>
<p><i>Doing arts and craft</i></p>	<p><i>Yes—it would be a good break for me from work, and keep the kids entertained too. Maybe something a couple activities a week</i></p>