

Managing the Mental Load: When Caregiving, Studying, and Working (and Teaching?!) Collide Strategies for Balance (or the closest thing to it) during COVID-19

- 1 Be kind to yourself.** You are being asked to be a caregiver, student, employee, and educator. In one space. At the same time. Each day will have peaks and valleys, but self-compassion right now is key. You're doing your best.
- 2 Timebox your worries.** Timeboxing worries involves setting a timer (30 minutes is a good start) and jotting down everything that's on your mind. Take a look at what you can control and cross out everything that is outside of your control. This helpful activity sets boundaries on negative thought patterns, identifies what is truly in your control, and gets worries out of your head.
- 3 Do one thing for yourself everyday.** When your day feels like a whirlwind of working, studying, and taking care of others (whether that is older relatives or children), it's easy to forget that you need to fill your cup. Intentionally setting aside time--even just ten minutes a day--to mindfully breathe, connect with a friend over video chat, or stretch is valuable. Taking care of yourself enables you to better care for others.
- 4 We'll get there.** These are unprecedented times so the structure that applied to a regular day (say, for instance, strict screen time limits for kids) may no longer feel quite as relevant. Each day is a learning process. We'll get there.

Source: The New York Times, '[Parents Need Stress Relief, Too](#)'

