

Grappling with Overwhelm

CHECKLIST

- Require boundaries.
- Delete activities.
- Make quiet time alone.
- Find an all-about-you-thing.
- Value quiet time, together and alone.
- Focus on family harmony & happiness.
- Maintain a morning routine.
- Recognize your overwhelm triggers.
- Practice meditation.
- Don't do all the things.
- Plan your plans, don't expect to enact all the plans.
- Underbuy your curriculum.
- Recognize the kids' struggles aren't your struggles.
- Practice mindfulness.
- Create a routine, not a schedule.
- Alter your expectations.
- Alter your perspective: your home is not a school.
- Multitask less.
- Enact self-care strategies.