

You Are Not Superhuman!

You are pretty awesome but you're not superhuman and you don't need to be trying to do it all right now. Let's look at your super skills and what is good enough.

Super Skill: Teacher

You may be a qualified teacher or a member of a school community. Suddenly, a lot of the students are at home, perhaps including your own children, and you feel the pressure of trying to ensure that they don't fall behind academically. Try to remember that the expectations have changed, and lower your own expectations of yourself and your students. You might be staying at home; you might be teaching remotely; you could be going into school or work as normal. Your situation will almost certainly be completely unique and is probably throwing up some new challenges. Be open with colleagues about your situation and your struggles and ask for their support if you need it. You can also find information about sources of help and support that are available to you on [Mind's website](#). The wellbeing of yourself, your children and the school community is the most important thing right now. Just by carrying on doing what you are doing, you are keeping everybody going as part of the team.

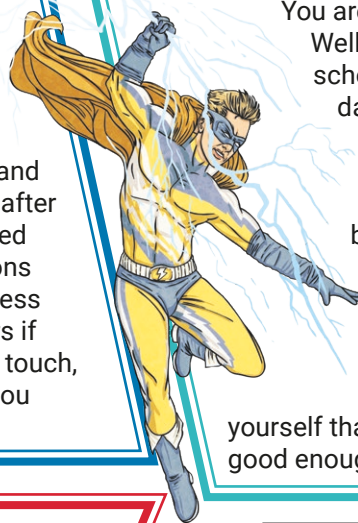


Super Skill: Caring for Others

You may find that you are not only looking after your close family members in your household right now, but that you have other relatives or neighbours that you are looking after. The pressures of caring for others can feel overwhelming at times and it is important that you don't forget to look after yourself and that you ask for help if you need it. [Mind's website](#) gives practical suggestions of what you can do and where you can access support. After all, you can't look after others if you have not looked after yourself. Keep in touch, ascertain what support others need from you and just do what you can.

Super Skill: Parenting

You are always a parent, so what's changed? Well, usually your child/children are at school for a large chunk of the day, five days a week and that has suddenly changed. It might mean different interactions within the family. It might mean that your children are behaving differently. It might mean that you are trying to split your time between many different roles. Ask others for support if you need it. If, at times, you feel as though you aren't being the best parent, remind yourself that you are doing your best and that is good enough.



Super Skill: Finance Manager

You might be finding the current situation really difficult financially. Many households have seen a drop in their income and are having to think about what can be done to delay payments or make their money go further. Look online for advice from the government. Only buy what you need when you need it. Contact companies that you pay money to on a regular basis to ask about support they can offer in these difficult times. You certainly won't be the first person to speak to them about it.

Super Skill: Shopper and Caterer

You may be the key shopper and caterer in your household and, even if this has always been the case, right now, this may seem significantly more stressful. Search out quick, easy recipes online and if your ingredients are a little unusual at the moment, so what? As long as everyone has something to eat, it isn't the end of the world if it's not quite what you usually have.

