

# You've Got This!

During tough times, we all need a little reminder that we can cope. With self-care, support and certain little tips and tricks, you can get through a difficult patch. Consider the advice below and remember...  
**you are stronger than you think!**

## Take One Day at a Time

As tricky as it seems, try not to focus on the big picture. In uncertain times, none of us know what the big picture actually is and speculating won't help. Focus on the now - today - and maybe tomorrow or the next few days. This method is used by many and really works.

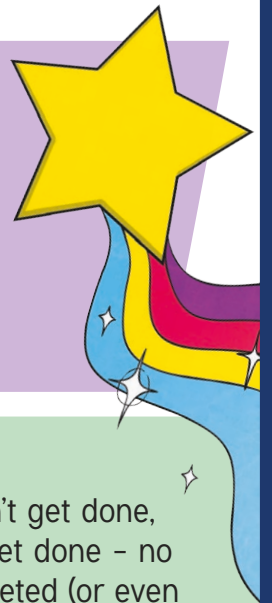


## Focus on the Things that Are in Your Control

You can't control everything. In times of crisis, there is an awful lot that is out of your control. Focusing on the things you can control will help if you are someone who needs to feel they have a handle on things. You can control your actions, your routines, your schedules, your reactions and responses to situations and to others.

## Be Prepared to Be Flexible

For those who like to be in control and to be organised, this can seem almost impossible. But understanding that you may need to be flexible and not feeling guilty when you don't get something done is a really important part of self-care. You might have thought your children would have got more school work done. You maybe hoped to have cleaned the kitchen. You might be disappointed that you didn't have time to sort out the garden as planned. But that's OK; plans change and there's always tomorrow.



## Celebrate All Achievements

While it's important to not beat yourself up about the things you didn't get done, it's just as important to congratulate yourself on the things you did get done - no matter how small. Focus on the things that did get achieved or completed (or even started) and be proud of yourself just for getting through another day.



## Plan Something to Make You Smile

Try to pencil something in for every day that will make you smile. This could be a walk in the sunshine or a spot of gardening. It could be a family board game or an episode of your favourite TV show. It could be a tasty treat. Or it could be some quiet time, with a good book, in a nice, hot bath. Having something to look forward to, no matter how small, can really help to get you through the more challenging aspects of your day.

