How to look after yourself in a busy household

Set your boundaries
It's important to you consider what is most important for you to be able feel comfortable at home. Thinking about the following areas could help:

- **Time**: How much time would you like to spend with others?
- **Topic**: Are there any topics you'd like to avoid within your home?
- **Behaviour**: Are there certain things you don’t want to do?
- **Space**: Which space would you like to keep as personal?

Communicating
- Note down the boundaries and limits you’ve thought about
- Ask the people you live with to do the same
- Have a chat with each other and be open and honest when discussing your boundaries

Self-compassion
- It's okay to feel overwhelmed whilst you’re staying at home
- Practising self-compassion can reduce stress and agitation
- Try a mindfulness meditation, as this can help you learn to observe your thoughts without judgement

Be forgiving
- Negative emotions may occur more often and lead to conflict
- Practising forgiveness is a positive way to address conflict
- Forgiveness helps us to let go of negative emotions and rebuild our boundaries constructively

Look after yourself
- Acknowledge that your feelings are normal and justified
- Prioritise your self care and make time for activities you enjoy
- [Click here for Six Ways to Wellbeing activity ideas](#)