

How to look after yourself in a busy household

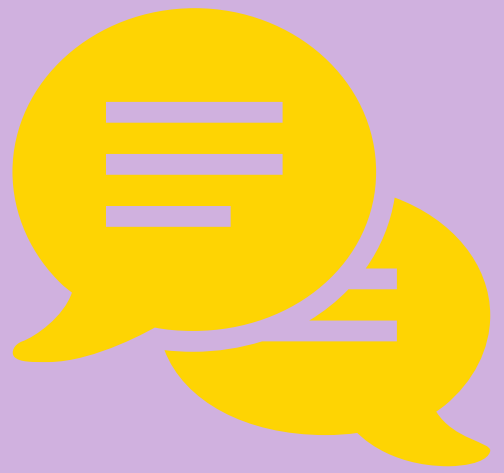
Set your boundaries

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



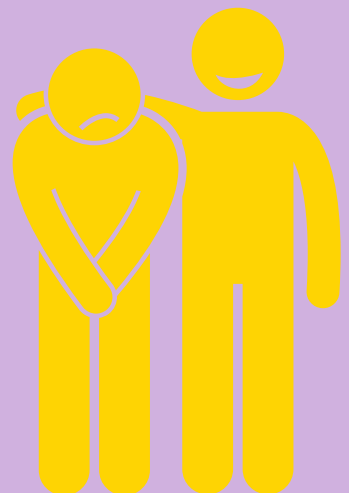
Self-compassion

- It's okay to feel overwhelmed if you are struggling with a busy household
- 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 can sometimes occur and lead to conflict
- Practising forgiveness is a positive way to address conflict
- Forgiveness helps us to let go of negative emotions and 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
- **Check out the Six Ways to Wellbeing pages for activity ideas**

