

IT'S OK

TO...

- **Prioritise your child's home schooling**
- **Look after yourself and your health – have some you time**
- **Not know the answers**
- **Call rather than email**
- **Not respond to messages immediately**
- **Dress for yourself not others**
- **Forget things like your hairbrush or makeup**
- **Keep your camera off if you just don't feel like having it on**
- **Ask for more screen connection when you want it**
- **Pop out to the Dr or to get vaccinated or to take care of any essential tasks without feeling guilty (or needing to take leave)**
- **Feel overwhelmed or down in the dumps at times**
- **Ask for help or more clarity**
- **Not be ok**
- **Disagree**
- **Say no**
- **Find some days more productive than others**
- **Focus on your family and their wellbeing**
- **Do your work out of hours if that suits better than in your hours**
- **Feel excited about your work**
- **Take your time to grieve a loss**
- **Cry**
- **Start again**
- **Call it a day and try again tomorrow**
- **Acknowledge just how much you have achieved in incredibly difficult circumstances**
- **Enjoy precious moments along the way**
- **Take a walk, play loud music, have something baking in the oven while you are working**
- **Take time out when you need it**
- **Feel frustrated, angry or annoyed at times**
- **Feel worried or overwhelmed**
- **Feel optimistic about the way ahead**
- **Think big**
- **Simply be happy**



**Accidental
Counsellor** ®