

31 March 2020

Good morning

I hope you and yours are well, and that in among all the things you need to do, you are also making time to look after you. I was delighted at the feedback people gave around the promise to themselves, also, some requests to be added to the list, which reminded me of others perhaps I should add.....sorry I didn't do this before!!

For anyone new to this, its Hilda here from COPE Scotland, recognising as well as being there for others, we ourselves need to look after ourselves (and maybe pick up some ideas to share with others to look after our mental and emotional health during this challenging time)

There was a common theme emerging around too much to do, not enough time to do it, not being able to get done what you planned as something else came along and demanded your attention too and promises made were around managing this better so not feeling as ? overwhelmed?.

Often we don't want to admit to others we feel overwhelmed, we don't want others to think we can't cope. However, in the current situation, it's natural to feel overwhelmed. Daily we are faced with new challenges either of our own or for people we are supporting/care about. Some of these can be resolved easily and quickly, others are a lot more complicated, and we are just trying to work out what to do about X when.....Y arrives and there was still A,B,C which you planned to do before X came along! Oh and by the way S,T,U are on the phone and the rest of the alphabet is in your in box!

And breathe 😊

We can only do one thing at a time, multi-tasking is a myth! What we do, is switch from focusing on one thing to another 'quickly', and if we keep switching 'quickly' from one thing to another, never feeling anything is done so off your to do list, this can all be very exhausting and make us less able to deal with what feels like a Tsunami of things to do, that just keeps coming

The wee 3min relaxer, only takes 3min and gives your mind a chance to be still for a moment
<http://www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes>

And if you would like to know more about the myth of multitasking, you may find this article useful

<https://www.psychologytoday.com/gb/blog/creativity-without-borders/201405/the-myth-multitasking>

There is also a book on the subject Dave Crenshaw *'The Myth of Multitasking'* Mindfulness is also helpful.

Be kind to yourself, we won't get this all done in a day, a week, we won't immediately have all the answers, this is a marathon not a sprint, and we need to pace ourselves as our health also matters

As ever, if you want to stop receiving this let me know, my aim in sending is to be kind, as we are in this together and we do all matter

Hilda 😊