When you feel overwhelmed

Take some time away from devices and do a total switch off

- put your phone some where else
- let your friends and family know
- let them look after it, if an emergency call then take it.

Have a detox from bad food

- make healthier options as this can lower the mood and only give you a quick burst of energy and not fill you up and before you know you have eaten a full packet of biscuits
- Hide them so you can't reach them and have a fruit bowl in front of you.
- Meal plan and make a meal from scratch and see what you have that needs to go first and take snacks off completely

Split tasks and delegate

- Do a list of what you want to do and what you want them to do
- Take it turns to do different tasks
- Get your kids involved and do a chore list

Get out of the house

- Have a catch up with a friend
- Visit a museum or gallery
- Go to the theatre or the cinema