Balancing Work and Caregiving During COVID-19

Working during the COVID-19 pandemic can be complicated if we also need to balance care for children and other family members. See below for a practical, three-step approach on how to balance your responsibilities:

1. **Problem-focused approach: start with what you can control.**
   - Break problems down into smaller steps
   - Create a healthy morning routine to start the day off right, such as waking up around the same time each day and eating a balanced breakfast
   - Create a healthy nighttime routine to mark the end of your work day, such as making an effort to avoid news, computer, and your phone before bed
   - Communicate clearly with others about your needs

2. **Emotion-focused approach: consider what you can't control.**
   - Accept help and support, such as for grocery shopping or cooking
   - Avoid blaming others at home and at work. Keep in mind the impact of COVID-19 and how hard it is for everyone at this time
   - Take care of your mind by caring for your body e.g., eat well, sleep, and set healthy limits

3. **Meaning-focused approach: remember your core values.**
   - Reflect on why you chose your job. What drew you to your career?
   - Consider the value of what you are doing for yourself and your loved ones
   - Think about other sources of purpose and meaning, such as self-growth

Sources: Adapted from: a video posted by Drs. Bob Maunder and Jon Hunter, Nature, Canadian Human Rights Commission