

Six Things to Just Get Through Today.

When you just feel you can't.

1. Feed, bathe, and dress the kids.
2. Make sure there are no dirty diapers sitting out.
3. If there are animals in the house, all of their waste must be removed immediately.
4. Take out the trash, especially any food waste.

5. Do the dishes.

Empty the dishwasher, load the dishwasher. If this doesn't take care of all the dishes, fill the sink with soapy water and soak the rest. If you do not have a dishwasher, rinse, scrape, and stack neatly the dirty dishes. Begin washing as you can.

6. Laundry

Gather it in a place that makes sense. It's ok to be behind on laundry, you just have to appear to be making the effort.