

A New Normal. A New Me.

Most counsellors know that caring for others requires love, patience, understanding, time, effort, and many more.

2020 brought much changes and challenges to life as the COVID-19 pandemic hits the world. Singapore is no exception as the country went into a circuit breaker mode in April and May. My family and I experienced many changes in our daily lives too, especially during the circuit breaker period. I am a caregiver to my two young children and my husband, being in the essential service, has to be away from home for the entire two months. It was a highly stressful two months for me as I managed the house and children all on my own, while juggling with a part-time job.

There seemed to be many tasks on hand that include taking care of my children's daily routines and looking into their well-being e.g. health, diet, school work, and social activities. In addition to that, I needed to adequately attend to my work and clients as well. There was little time and energy left for me at the end of every day. The stressful part was about balancing time for work and family without the presence of my husband. There were moments when I felt like giving up and quitting from being a mother and caregiver.

What I have learnt about myself from this experience was that I am capable of resilience in tough times – in fact, I think every one of us is capable of resilience in tough times. Despite feeling worried, anxious, and frustrated, I persevered on with both caregiving and work and in time to come, I've learnt to be independent, to encourage myself to take things one at a time, and to focus on my priorities. I've also learnt to spend quality time with my family than being task-oriented, and this has given me a new perspective of how caregiving can be fun and relaxing when I permit myself to enjoy those moments with my family. I hope my sharing would encourage many caregivers with similar situations to persevere on and create meaningful experiences in their caregiving journey.

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