

HAVE YOU EVER NOTICED...

Suddenly finding 57 urgent jobs to do the moment the plumber turns up to fix the boiler.

PICTURE THE SCENE

Have you ever sprung into action as soon as a tradesperson is doing any form of work in your home? Walked around with a cloth in your hand ready to clean surfaces you've already cleaned, at the exact moment they appear anywhere near the room you're (hiding) in. Stared at your laptop pretending you have an extremely important deadline to meet, whilst actually watching cats on skateboards and parrots singing opera on TikTok, with the sound down to look busy. And last but definitely not least...

"I'm so sorry, I haven't had time to tidy up" after spending the last 2 hours tidying up in anticipation of their arrival

WHAT'S HAPPENING?

Let's be honest, who loves housework so much that we decide to create urgent imaginary chores?

But interestingly, this behaviour may actually be your brain trying to help. When someone comes to work in our home, we often become much more aware of ourselves and how we think we're being perceived. We are inherently sensitive to how we are judged by others, as thousands of years ago, being accepted within a group was imperative for our survival.

So even now our brains are very good at noticing situations where this may happen... even if it's just an unsuspecting plumber who is in your house to fix your boiler.

TRY THIS....

- **Offer them a cup of tea... and then (shock horror) make yourself one too.**
- **Maybe even commit the ultimate act of rebellion and sit down or put the television on (perhaps even with the sound up.)**

The world won't implode because you're relaxing while someone is working in your house.

- **After all... it is your home**

And like any learned behaviour, hopefully it will become easier the more you do it.