

Dear Students and Colleagues,

We finally have a feeling of “life is back to normal” -although a new normal- but what does this mean to you?

During the shutdown, many of us went from an emphasis on external factors, such as going to work or attending events, to a more internal focus. With more time at home, many of us have had a shift in priorities. Many made time for self-reflecting. Parents and children were home together figuring out work/school balance. People were enjoying neighborhood walks while learning to know each other. I truly hope that many of you keep these wonderful newfound connections.

Here are some tips going back to school/work;

1. Start your day with intention. You can ask yourself these questions:
 - A. **What can I look forward to today?** Take a moment to quiet your mind and reflect what positive intention would I like to focus on today? Beside this choose also an activity during the day that fuels you. As more people are vaccinated, this might be something that involves socializing, since many of us are craving the energy that comes from groups.
 - B. **What has the potential to stress me out and worry me?** Know how you will handle potential stressors as they arrive. When you feel an energy drain, you can choose how to respond. Maybe it will be a news article or email. Recognize the trigger and then take back control. This allows you to decide how you will let it affect you.
 - C. **At the end of the day?** Do some self-reflection, what went well and what would you like to change?
2. Taking breaks.

While working from home, it was often possible to take small breaks to get outside. Continuing this habit can help boost productivity. Maybe you took time to make an amazing lunch in the middle of day or fit in a quick workout? Or you took a break from the computer and cell phone by taking a short walk (in the park). Keep doing this! It will help you to reset your mind and body. You will come back to work feeling rejuvenated to continue the day.
3. Unplug yourself.

Continuing to unplug from technology post-pandemic, with long or small breaks, can continue to reduce the amount of stress you allow into your life.
4. Finding fulfillment.

Before the pandemic, many were busy and on the go all the time; slowing down gave you space to choose the track you wanted to be on going forward. The pandemic also forced you to take a look in the mirror and ask yourself if you were finding joy and fulfillment.

Do you notice that when you can finally relax, you notice how much stress you have built up into your physical body and mind? It is very important to release this stress, so your body/mind/spirit stay healthy. If you or a loved one needs help, I will listen to your personal needs, and I can help you process the fear and anxiety and devise coping and relaxation strategies.

Don't hesitate to give me a call or sent me an email. 224.315.9507 or joyjoannaa@gmail.com

Kindly,
Joy