

## **Families in close quarters: The 'new normal'**

Some gurus in India expect their disciples to become ascetics and recluses, while others encourage family life and duties. It was indicated that most gurus consider family life more difficult than renunciation, with family life suitable only for a balanced and mature personality.

It's seems like balance and maturity will be in great need during this time.

How to make this happen:

1. Self Care – self care is mandatory in order to be balanced...please take a few minutes each day to take a deep breath, exercise (10 pushups), meditate, light a candle...any of these or other similar things will work as long as you do it with the intent for self care
2. You are the sky - not the weather. I love this analogy. The sky is always blue. Sometimes weather makes it look differently but the sky is always blue. Each time I look at the sky now it is a reminder to stay true to my I am statement: 'I am love, responsible and disciplined'
3. Moms...Your kids will reflect your feelings. Dads, they watch how you are acting. Even if you think you're covering up. So, when they're acting out do a self-check to see if how you are feeling or what you are doing may be affecting them. You may need to take a break to re-center yourself before you continue with what you are doing.
4. When you feel anxious, depressed, worried: take a deep breath and become present to the experience, remembering that it's is the weather (from the analogy) not the sky (you). This reminder will support you in becoming present. Your kids can help you with this, especially kids under five where each step is like a walking meditation. You'll probably see more Roly Poly's than you've seen since you were a kid.
5. Be kind to yourself. We humans are messy and we make a lot of mistakes. Be comfortable with yourself when you make a mistake: and see it as an opportunity to learn.
6. Spending so much time with each other will bring up a lot of our issues and sometimes we may not be very kind to one another or with our kids. Make amends/repair mistakes with a redo or a make-up for the purpose of repairing the relationship.
7. Everyday do an encouragement or appreciation feast. Sit together and share one thing you love or appreciate about each other.
8. "Between stimulus and response lies a space. In that space, we have the power to choose our response. In our response lies our freedom and our growth." Viktor Frankl... Remembering to do this will help us when spending a lot of time together. Listen to the tone in your head before you speak as tone is a verbal expression of your underlying feelings. Feelings are meant to be felt but not always to be acted on or expressed.

9. When working from home, work in 2 hour slots, at the most, and alternate if another parent is working too.
10. Keep the emotional bank account full (Steve Covey). In order to keep accounts full, support each other with random acts of kindness: simple things like doing dishes, folding clothes, bringing your partner a cup of tea, giving hugs
11. Have a family council each week to go over the guidelines for work/school day. Put it on a large calendar so everyone can see it. Color code for the non-readers. Have each person state a goal for the week and have them tell you how you can support them in achieving the goal. Brainstorm with the kid's things to do with them and write them down. Nature is always the best (even just a walk around the block)
12. Have them help you a snack box for the day that has a combo pf healthy and not so healthy foods that they can choose to eat throughout the day ( use food chart to help with this)
13. Give them a visual so they know your working (Heart shape sign they made for the door or a lit candle on your desk)
14. Get support as it takes a village to raise a child: Facetime/call a friend. Do a coaching session with susie walton

susie walton

[www.indigovillage.com](http://www.indigovillage.com)

info@indigovillage.com