

To-Do Sanity Savers

- ***More lists: what is siphoning gas out of your emotional car right now?***
- ***Remember the lessons of COVID-19 and all those 'critical' activities that turned out to be a relief when they were canceled. Did you add them back in automatically when lockdowns lifted and people started getting back together? Be intentional in what you choose to fill your life with.***
- ***Remember the other lessons of COVID-19: stay clean, but clean the things that matter. Disinfecting our groceries was overkill for most of us once we found out it wasn't touch-transmissible, but washing our hands reduced the flu and headcold numbers as well.***
- ***Your kids will be fine if they do one or two activities a week or even a semester. Even the extraverts may prefer not to be out every day if it means a happier at-home parent (this is what my flaming extravert kids tell me).***