

Encouragement 29

Dear PCS Friends,

Happy Spring! Winter? Spring? Oh yeah, Plumas County!

As ever, take what delights you and leave the rest.

1. **Precious Practices and Unhealthy Habits.** Over the past 12 months we have developed many practices and habits to cope with this Covid thing. Some of these practices and habits are highly beneficial and will serve us well for the rest of our lives. Some of the ways we've adapted to this current situation will be best left behind with the pandemic itself. Did you start a meditation practice? Connect more meaningfully with your loved ones? Increase your gratitude? Express yourself more authentically? Slow down? Spend less money eating out and vacationing? Take better care of your body and health? Clean out your closet? These might be things you want to carry forward. And how about some things you might be ready to let go of? Did you spend more time on social media? Did you comfort yourself with junk food? Did you isolate yourself? Did you become frustrated and irritable with the people in your home? Did Amazon start sending you cute little love notes because of all the extra time you were spending with it? I encourage you to take a good look at what you want to carry forward with you into the green tier and what you want to consciously let go.
2. **Put Your Oxygen Mask on First.** I apologize for being cliché, but it is so true that if we aren't taking care of ourselves, we aren't much help to others. Sure, you can benefit another person or people for a while being a martyr, but you can only do that for so long. Even if you can do it for a long time, the help you are giving is not as good as the help you could give if you were in better health and spirits yourself. When we give from a place of joy and vibrance because we feel great, the gifts we bestow on others feel so much better for them to receive. Please, take care of yourself. Set healthy boundaries. Say no when you need to. Rest. Play. Do things you love to do. Be sweet to yourself.

I hope you are getting out in nature, taking deep breaths, sharing your love with others, and getting plenty of good food, sleep, and exercise. May we all be healthy and be together more and more in the months to come.

Warmly,

Becky