

# Newsletter

Love

## Universal Mom

**JANUARY 2021**

**HELPING  
CHILDREN AND  
TEENS UNCOVER  
THEIR TALENTS  
THROUGH THE  
ART OF WRITING  
WITH RUTH KLEIN**



[www.universalmom.org](http://www.universalmom.org)

How are all of you coping with the “new normal”? Although it's not what I would call “normal”. This can be a very trying time for all of us, but particularly parents who have children home from school. I want to share a few ways how you can balance work, kids school, home and private time amidst the chaos.

### **HERE ARE THREE TIPS FOR A LITTLE LIFE BALANCE.**



1. Find a creative restorative activity, as simple as a walk or a little dance break to reset your energy and re-establish your mental focus.
2. When you are working or schooling from home it helps to set-up separate places around the home to make each activity feel just a little bit different.
3. It is completely reasonable to be less productive during these trying times. Modify your expectations and give yourself a break!