

Newsletter

Love

Universal Mom

JANUARY 2022

How's the family doing with anxiety right now? Anxiety levels are high all around; that goes for the children going back to school and parents going back to work. With concerns about masks, what do do when one of you gets sick or how to just be OK.

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

WITH RUTH KLEIN



www.universalmom.org

HERE ARE THREE TIPS ON ON HOW TO ALLEVIATE SOME OF YOUR ANXIETY.



1. Don't get into overwhelm! Identify the top two priorities of the day and make that your focus. You will finish those tasks feeling accomplished and may even find energy for a few more tasks.
2. Learn your high energy hours. Some of us are most productive in the morning before the kids get up - if this is you, plan your most important tasks in these hours.
3. Take your vitamins, try to eat as healthy as possible to keep your strength up. And, don't forget those restorative deep breaths.

