



Coming Out of the Pandemic: Moving Forward Together

Lifestyles are more open now compared to last year. Various versions of graduations, sports, concerts, holiday celebrations, birthday parties, weddings, and summer vacations are once again options. Many of us have figured out how to “do life” as a small unit, and now we have the excitement and trepidation of reengaging with members of our circles that we haven’t seen in a while. Grandma and Grandpa, Uncles/Aunts, Cousins, family friends, and forever friends are all excited to get back together after a long hiatus. It’s time that we get back in the swing of things, slowly, honoring all the feelings and new habits.



LESSONS LEARNED—STAY GROUNDED

- Wear a mask when you’ve caught a bug—it’s the new norm
- We all benefit from clean hygiene habits
- Feelings can be BIG—we’ve practiced the art of not projecting adult emotions onto our youth and children
- Navigate and prioritize activities based on your comfort level
- Hugging is optional

PRACTICAL TIPS WHEN EXPANDING OUR CIRCLES

- Take breaks when you need space from the large group – walk outside or move to a different room or perhaps leave early
- Assign a “secret” family cue to let your inner circle know when you’re uncomfortable
- Throw out conversation “pebbles” about feelings so that loved ones know the door is open to talk about the emotions we all may be experiencing
- Remember that not every cold or allergy symptom is COVID



REMAINING HOPEFUL AND FORWARD FOCUSED—CREATE A FAMILY BUCKET LIST

- Ask everyone in the family for input – welcome big and small ideas
- Include some big dream items
- Remember to add tried and true family favorites
- Prioritize the list
- Hang the list somewhere everyone can see it and revisit it often
- Cross items off and celebrate! You’re on your way