

What Is Your “New Normal” and What Options Do You Have?



Back to School?

Are you sending your child to a brick and mortar school? Are you choosing a hybrid model? Have you decided to march to the beat of your own drummer and officially homeschool your children? These are the big questions being asked right now by just about everyone. It is all over the news. It is all that politicians can talk about in town council meetings. This topic was not something that I ever thought I would see front and center in mainstream media.

Deciding to homeschool is a tough decision for families under normal circumstances, and our current reality is anything but normal. The stress that is going on in households all across America right now as families try to make this decision out of necessity is enormous. I spent several **years** preparing to homeschool my children, and even after more than a decade, I am still tweaking and changing things every single year. But, that is part of the beauty of homeschooling. At any point, you can throw out anything that doesn't work and find something that does. You get to tailor make your child's education based on their interests, their excitement, and their passion.

Whether you choose to go to a brick and mortar building, have a hybrid schedule, go with 100% remote learning, or homeschool, there will be ups and downs. There will be things that work and things that don't work. There will be good days and bad days. Treat this year with grace and understanding and extend that to yourself, your spouse, and your children. Above all, pick the school choice with which you and your family are most comfortable. If going back to school is worth it for your family, by all means do so and don't have one minute of mom/dad guilt. If you would rather choose the remote learning option from your school, do it with gusto and don't worry about what everyone else is doing or saying around you. If you choose homeschooling, get yourself a good support group, maybe a mom that has been there before, and hit the ground running. Don't worry about whether you are doing any of these options perfectly. You won't be. That is life. Instead take this opportunity to tune into your family on a deeper level and learn something about yourself and about them that will take all of you far beyond the stressors of this year.

If you would like to see a recent article on school choice options, click the link below. I was asked by Denver 7 to give my advice as a homeschool mom. There is a written article as well as a video in this link. The video is the second thumbnail picture when you open the article.

[Denver 7 - School Choice Article](#)

Back to Work?

The work landscape is changing since the onset of this global pandemic. Should we work from home? Should we work at the office? What about people that have their kids at home? These are all questions that are front and center now more than ever. Some offices are finding that their employees are more productive at home than at work. Some are not. However, all of them are having to balance the potential of smaller, and therefore less expensive office spaces against having everyone in the office. Some people are finding that they enjoy working from home more than they thought they would. Some are not. These are all valid choices and what works for one person or business may not work for another.

I have clients/friends/family that started out hating the idea of working from home and now they are actively choosing to continue to work from home. Of course, that is going to cause some new problems that may not have existed before as well. You might start seeing things at your house that didn't bother you before and now that you are there all the time, you find yourself planning lots of



renovations. Or you may find yourself having to find a “new normal” routine with your spouse and your children because everyone is trying to use the office, the bathroom, etc at the same time. Your work hours may change. Your socializing schedule will definitely change. Humans are not exactly the poster children for taking change with grace.

With change and upheaval comes innovation as well. Many are doing BYOB virtual happy hours now and those are a lot of fun. People are carving out spaces for work and for relaxation in their homes. Networking groups are finding new ways to virtually stay in touch. People are meeting outside in more spread out spaces.

Here are some fun home office ideas to get your creative juices flowing on a space that will perfectly suit you and your family’s needs.

[Office Style Ideas](#)

Depression?

No matter how many times you hear someone touting the “suck it up buttercup” mentality, the fact of the matter is that changing any daily routine as drastically as most of us have can cause mental and emotional upheaval. Not only that, but the financial stress that can follow. As well as stress at home. It can be a lot for a person to take in all at once.

Your feelings around not being able to follow your previous normal routine, not being able to socialize in a way that is familiar or comfortable to you, having a LOT more family time or not enough alone time, worried about money, and simply feeling out of control are not recipes for a healthy mental and emotional state. These are all valid problems and understandably result in depression both mentally and emotionally.

One of the best things to do for your mental health is to create routines. Create relaxing exercises to do throughout the day. Of course, this will look different for everyone, but try a few different options and find something that works for you. Do you have a hard time getting up and getting going in the morning because you are not a morning person? Drag yourself out of bed 20-30 minutes earlier than you absolutely have to in the morning and do some stretching or dance around to some music. You may not feel like it when you first get up, but by the end you will feel more awake and ready to take on the day. Get out of bed and do something active. That is the first step toward getting back on track.

Here is a link for natural (not easy) remedies for depression. The best way to accomplish these goals is to have an accountability partner or coach. The first link will be the remedies. The second link will be to Messy Growth’s website. I provide accountability as a coach and will help you with planning your self rescue from the trappings of depression.

[How to Fight Depression](#)

[Messy Growth](#)



Financial Stress?

The uncertainty of the economy right now can be frightening. Most of us remember the housing bubble and then the recession of 2008. What is happening right now in America looks eerily similar but with the notable exception that this time it is not the just mortgage and real estate industry, it is the entire economy! With unprecedented numbers of unemployed citizens, stimulus package(s) were definitely warranted. As of the publishing of this newsletter, there are over 30 million people currently receiving unemployment benefits in the USA. However, the country as a whole has not seen much of an economic downturn in its spending to reflect that number at all. In fact, many sectors are booming. Why is that?

The answer is: due to the stimulus (which was absolutely necessary to keep our economy afloat) people have still been spending money largely as though nothing has changed. Many people are even making more money on unemployment than they were making in their jobs. This is creating a false economic bubble in our country. Some level of stimulus is needed as without it, the millions of people out of work will have no income overnight leaving them unable to pay their rent/mortgages and bills. However, if we continue the stimulus at its current level, it will drive the price of the dollar down. There is not an insignificant risk that the US dollar could collapse if we continue printing massive amounts of money in order to supply the stimulus packages. Our government is stuck between a rock and a hard place at the moment. They need to slow the printing of trillions of new dollars, and yet they need to make sure that at risk citizens are not evicted or going hungry.

If you are feeling the effects of the economic downturn, you are not alone. If you are out of work, you are not alone. If you are concerned about where your next paycheck will be coming from, you are not alone. This is not the first time our economy has faced problems and it won't be the last. But what can you do to give yourself a little more security for the next time this happens?

Follow our Messy Growth channel on YouTube. I will be posting a video sometime this next week on exactly how you can diversify your skill set, your income, and your investments in order to protect yourself from financial upheaval. Below is a link to our YouTube channel. Or if you feel that more direct/personal advice would help, then [contact us](#) directly.

[Messy Growth YouTube Channel](#)

Marital Stress?

Marriage is hard. Covid has made it harder. But it doesn't have to be. Messy Growth has some exciting news that we will be revealing in our next newsletter to make planning and executing date nights in this "new" world a little easier.



Until our news is revealed, here are some ideas for making sure you stay in tune with your partner and creating your own “new normal”.

1. Make sure to have regular date nights. Even if you have to have “stay at home date nights”, it is important to carve out specific time each week to spend with your spouse. Remember that time around is not necessarily time **WITH**. Devote attention to them and your relationship.
2. Keep the communication flowing. Don’t shut down simply because you have a disagreement. Make sure to talk about it when you need to, but don’t dwell on it. Pick the hills that you want/need to “die” on. Don’t “die” on every hill.
3. Do something silly just for the sake of being silly. Don’t be so serious all the time. Remember that maturity is knowing when to be serious, not just always being serious. Enjoy each other’s company.
4. Follow our [YouTube channel](#) as well as our [website](#) for more ideas and information on keeping the fire going in your relationship.

Contact Us

The shortest distance between two points is a straight line. However, our lives are not lived in two dimensions. They are intricate, they are nuanced, they are...messy. When it is all said and done, it isn’t the fastest or most direct route that we will remember. It will be the detours, the dead ends, and the beautiful places we found when we “got lost” that we will remember the most. Enjoy the journey, for it will be messy, but it will also be beautiful and it will be ours.

We would love to hear from you at Messy Growth. We will get back with you ASAP. Also, if you haven’t already, subscribe to our YouTube channel and follow us on Facebook.

Angela Shelley

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