

Life Is Messy Newsletter

September 2020

The Beginning of Fall Is Upon Us. Are You Ready?



School

The time has come! It is time to nail down your curriculum decisions for this year if you haven't already done so. If you want help choosing just the right curriculum for your family, please make sure to [contact us](#). We would be happy to set up a couple appointments. The first, to understand what you are looking for and the second, to give you a list of personalized curriculum choices.

Have you made the choice to homeschool this year? Virtual school? Send your child back to class? Whatever you have decided, rest easy in the knowledge that you have a community around you to help and back you up on your journey. You don't have to walk this path alone.

Make sure to mark your calendars for the next [Homeschool Parents Night](#):



When: Saturday September 26th from 4:00 PM to 7:00 PM

Where: Angela Shelley's House
[10346 Mica Way](#)
[Parker, CO 80134](#)

We are looking forward to seeing everyone there. We want to hear how this year is treating you and to talk about your plans. What is working? What isn't? It will be a chance to get some ideas from other parents who are walking that same path with you. It is also an opportunity to enjoy some adult interaction which can be especially important these days.

Work

Are you working from an office? Have you decided to work from home permanently? Many Americans are not going back to the office any time soon. Some by mandate, however an increasing number of Americans are choosing to continue working from home. In fact, some polls have found that over half of participants intend to work from home for the foreseeable future.



My husband has always worked in an office for the whole of the 14 years that we have been married. However, after experiencing the ability to stay focused, due to the lack of distractions inherent at any office, and the flexibility of working from home, he has decided to make the change permanent. He let the company know that he didn't need his office anymore and he would only be coming into the office as necessary for in person meetings. This has been a massive, but beneficial change for our family. He is able to simply come out of the office and enjoy a lunch with the family. He is able to get the same amount of work done in fewer hours and as a result, he has a lot more flexibility with his time.

This change isn't for everyone and depending on your job, it may not even be an option. However, many people have been surprised by how well it ends up working out. My brother in law just about threw a fit when his company announced that they would be working virtually. He HATED the idea of it. His wife already works from home and they have four boys in a hybrid school model. He assumed that there would simply be too many distractions given the number of people typically in the house. He recently confessed to me during our last visit that he has ended up loving it and is considering making the change permanent as well. He would still have to go into the office occasionally of course, but the majority of his work is going to continue to be done from home.

Have you had a similar experience? Have you had the opposite experience? We would love to hear from you. Let us know what your COVID work experience has been and if you have decided to make any changes permanent.

Depression

It is the end of the summer. The days are getting shorter and the weather is getting chilly (some times with VERY little notice here in Denver...). “Winter depression” is a real thing. If you know that you have a tendency to go through waves of depression make sure that you are preparing yourself and hedging up against the onset of winter depression.



Pets can often help with someone who has a tendency to go through depression cycles. They are compassionate and kind and are always there when you need them. If you don't have a furry friend, maybe consider if it would be a good decision for you and your family.

Light Therapy Lamps are a great way to combat winter depression. They provide much needed light during the dark winter months. Don't knock it until you try. They can help to turn your mood around. Many people place them in areas where they work or where they relax and it can give your body that much needed boost when it is dreary outside.

How many plants do you have in your home? Plants provide oxygen, good energy vibes, and they also have been proven to help with mood. Turn an area in your home into a garden wonderland. I love orchids, green leafy plants, and herbs. These are plants that I always keep in my house. I have also just started an experiment to grow an avocado tree inside as well. I never used to be a “plant person”. One day a friend brought an orchid plant as a hostess gift and I really enjoyed it when it would bloom. So I decided to buy another one. And then another. Eventually I had 5-6 orchids and a few vine type green plants. Then I bought an Aerogarden and now we have fresh herbs in our kitchen all the time. It has brought much more joy than I thought it would. I don't think that I will ever go back to being a plant free home again.

Light Therapy Lamps We Recommend: [Wired Lamp](#) & [Portable Lamp](#)

Hydroponics We Recommend: [Indoor "Garden"](#), [Indoor "Farm"](#), [Herb Seed Pods](#) & [Plant Anything Kit](#)

Financial

The business landscape has been changed forever! Well, at the risk of sounding too dramatic, let's just say that it has been changed at least for the foreseeable future. 25% of all of the office space in Manhattan is open for sublease, meaning that the company with the lease has space they do not need. 67% of companies polled across the USA expect the work from home trend to be permanent or long lasting.



With that large of an office space surplus, you would think that office space prices would be at all time lows. However, commercial real estate investors are trying to hold off on dropping prices for as long as possible. They are hoping the threat of the virus will lessen and everyone will get back to work, then they won't have to drop the prices and lose revenue. It is like a giant game of chicken. We will have to just wait and see who wins. However, there will be a breaking point. So if you are thinking of investing in some new office space, most advisors are suggesting that you hold off at least through the end of the year to see how the market is going to turn. If there is a big dip in prices coming, you don't want to have bought high!

Just remember that predicting any financial market (speculating) is an exercise in futility (a.k.a., gambling). Who could have predicted that there would be a worldwide pandemic that effectively shut down the global economy, that the stock market would crash by 35% in one quarter, that the stock market would then have the fastest recovery in history, or that bankrupt stocks, like Hertz, would grow by triple digits in the middle of a recession?!

If you are planning on starting to invest soon or continuing to invest, keep in mind that investing is a LONG TERM game. Warren Buffet says that financial markets transfer money from the impatient to the patient. Being patient in financial markets is almost always the cure to whatever the ailment is.

Marital

With Fall right around the corner, it is starting to get chilly outside. Many businesses are still closed or have limited capacity. Outside activity choices dwindling. It is time to get a little more creative in planning date nights. That is where Messy Growth comes in to save the day!



We are working on some Date Night Boxes that will come with some activities and give you step by step instructions for fun, unique, and interesting date nights. We are hoping to have our first boxes available for general purchase by the beginning of 2021. We will keep you all updated during each step of the process. Also, if you would like to be included in the test groups for the boxes, send us an e-mail or give us a call. We'd love to send you a box at a special discount in exchange for some feedback!

However, until the Messy Growth date night boxes are available, make sure you are continuing to be intentional about getting some “dates” with your spouse. Spending time in a room together doesn't count as a date. Do you remember when you started dating and you were so excited to spend time together you almost couldn't bear to part? You weren't so excited to spend time together because you were going to spend the entire time talking about logistics and how awful everything is. You weren't talking about your bills. You weren't talking about how hard it is to choose your child's curriculum. Don't get us wrong here, you do need intentional time together to discuss these topics, do not hide from them, BUT, dates need to be about you, your significant other and FUN. When you were dating, you were talking about each other! You were talking about your likes and dislikes. You were talking about the future. You were talking about things that made you happy and excited. Make sure that the time you spend with your spouse on your dates is intentional and filled with activities and dialogue that are edifying and exciting for **both** of you.

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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