

Filling up my cup too!

Time for Spring Renewal

By D'Arcy Bruning Haid

After taking the kids to and from lessons, making meals, food shopping, returning calls, emails and texts, filling in school notes, supervising lunches and homework when in the schedule is there time and energy left for me? That is the million dollar question!

That is the daily plight of many parents today who are constantly on the run in an ever continuing hamster wheel moving through the week from day to day. Do you ever wonder isn't there more to life than this? When we are trying to do it all and be everything to everyone - guided by all the should's and have to's on our list it leads to burn out, exhaustion, anxiety and definitely feeling inadequate as a parent! Many of us believe we must sacrifice ourselves for our families to get it all done! The cycle of guilt and responsibility is an endless no win journey that leads to exhaustion and feeling empty. As I look around, watching parents caught up in their own version of this hamster wheel, constantly running with little time to catch your breath and fill up your cup except for the odd coffee to keep on chugging long. Does any of this sound familiar? Are you ready to slow it down?

As spring begins to arrive, I welcome each one of us to find the time to get off the treadmill of life and create what I call sacred time... simple time to slow down and fill back up and refuel and create more meaning and purpose in our lives. It doesn't need to be complicated.

Find one thing that will fill up your tank and can slow you down. Maybe it's reading a great book in a quiet place, enrolling in a class, hobby or lesson just for you, listening to an awe inspiring meditation or music, experiencing simple yoga or go on a series of dates with yourself to visit the art gallery, book stores, antique furniture whatever would fill you up, relax you and nurture is the key! The second part of the challenge is to release one thing in your life that no longer works or is useful to you. Maybe back then it helped in some way, but now it's time for a spring cleaning of sorts letting go of behaviors, beliefs and old ways that are no longer helpful.

As parents, we need to have something to give back from. If we are always giving out the balance is off kilter and will deplete us. Our new mantra invites and embraces simplicity and nurturance. Slowing our lives down gives us time to catch our breath allowing us to expand our view and lens so we can see the bigger picture of what is truly important. Worrying less and staying calmer leads to more balance and inspiration for the whole family!

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