

The Travell Counselor's Corner



Melissa Miller, Travell School Counselor

[Travell School Counselor Website](#)

April: Spring is in Full Swing!

This month can feel a bit chaotic at times. The weather can be very warm, but also very damp and dreary. The holiday season can be full of joy, but also bittersweet for many. The much anticipated time off from school can be exciting for children, but stressful for parents and caregivers. And of course, there is the rapidly approaching “state testing” for students and teachers to prepare for.

This makes it the perfect time to remind ourselves of the importance of **balance**. A little self reflection can go a long way in helping us to recalibrate and refocus our *mental, emotional and physical energies* all in positive directions.

Have we been taking care of ourselves? In order to be our happiest and healthiest, we have to exercise our *body, mind, heart and soul!* When we are at our best, we can take on whatever life throws our way. However, we have to be willing to make the time and effort to really strengthen these areas of our life. Some ways we can do this, that also make sense to young children, include:

- **Eating Healthy**
- **Engaging in Physical Activities**
- **Limiting Screen Time**
- **Going Outdoors**
- **Sleeping!**
- **Focusing on School Work**
- **Getting Involved in Extracurricular Activities**
- **Making Time for Friends & Family**
- **Actively Listening to Others**
- **Reflecting on our Thoughts, Feelings, and Actions**

Below are some tips for parents who could use help creating a better work/home balance. I know I sure could!

Tips for Creating a Positive Work/Home Balance

Changing Work Habits

- Try to take on your most challenging tasks at the start of the day. Before leaving, reflect on your day and prepare for the next. This can help you feel more comfortable focusing on home for the rest of the day.
- If you must, try to set boundaries on how much work you will do at home. You may also try setting up a specific time when you will work at home, rather than checking in continuously throughout the evening.
- If you work from home, try to maintain a work space that is separate from your “family/personal” space. This can be difficult, but even a small corner of a room can make a difference

Switching from Work Mode to Family Focus

- Try a simple, 5-minute mindfulness exercise
- Try walking or riding a bike home, if possible. If not, try taking a 5-minute walk around the block to help you switch gears.
- Have a routine in place to mark the change from worker to parent. This can be as simple as changing out of your work clothes as soon as you get home.
- Try to make your travel time as pleasant as possible. Listen to music, carpool, call a friend for a good laugh.
- Be transparent with family members about the difficulty of transitioning and help each other practice perspective taking.