The ‘Next Normal’

How many times a day do you come across references to finding the ‘New Normal? ‘

Whether it’s in education, working from home, going out to restaurants or going back to the gym.

The phrase is still being tossed around because none of us are really certain about what our ‘New Normal’ will look, sound or feel like.

But there’s one thing we all do recognise is that our ‘Next Normal’ will involve us in handling change and being flexible about handling change!

Deborah Ann Davis, Award-winning Author, Parenting Skills Coach, and 20+ year high school teacher, addresses the importance of letting go of the things we cannot control and focus on the things we can control in her recent book “How To Get Your Happy On”.

Here’s Deborah’s #1 tip on shifting your outlook right now:

Work on controlling what’s happening around you.

If you try to view today’s circumstances as your ‘New Normal’, this time next month you’ll be stressed out when things have changed yet again. This time next month, or even next year, things will have changed so many times, we won’t be able to keep track of it all. So, work on controlling what is happening in your home, in your job, in your mind, in your relationship. You’ve already committed to functioning despite the pandemic and within the pandemic. All you have to do now is embrace your ever-changing life, including its inevitable ebbs and flows. If you can be willing to relax and adjust as the ‘New Normal’ continuous shifts, you will be happier and healthier.