

A woman with dark curly hair, wearing a yellow shirt and a light-colored denim jacket, is sitting on a grey couch and working on a laptop. She is smiling and looking towards the camera. Two young girls are sitting next to her. The girl in the middle is wearing a white tank top and blue polka-dot pants, and she is looking at the laptop. The girl on the right is wearing a yellow t-shirt and patterned shorts, and she is looking down at some toys on the floor. The background is a simple, modern living room with a grey couch and a white wall.

# 5 Tips for Reclaiming a Sense of Normalcy for Parents Working from Home

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- 1. Extend Yourself Grace.** Breathe. You have made it this far. You are raising successful children, ensuring an entire household is taken care of, among other important responsibilities. In a pandemic, nonetheless. Practice reminding yourself daily that you are doing the work. Rest assured that you will see the fruits of your labor.
- 2. Create a Ritual.** Start and end each day with something that symbolizes ‘work mode,’ as it will allow your brain a chance to gear up for productivity and unwind for relaxation. Lighting a candle and blowing it out or preparing and organizing your workspace when you are signing off may work. Setting daily intentions, such as “I will make the best of this day,” and writing down 3 things that you are proud that you have accomplished for the day may also aid in proper unwinding.
- 3. Connect with Your Tribe.** Making time to reach out to loved ones can be extremely helpful, as it reminds you that you are an adult that deserves to have adult discussions. This is meaningful and fulfilling. So, go ahead and schedule the fun zoom calls and laugh the night away like old times :).
- 4. Establish Themed Family Nights.** Doing so will be lots of fun and unforgettable memories will be created! The children will recall your 90’s movie themed night, backyard camping or American Idol competition into their adult years. Times like this bring back the excitement into family nights for all.
- 5. Cultivate Self-Care.** Without apology. Parenting is an incredibly important and beautiful job; however, you cannot pour from an empty cup. When implementing your self-care, consider your emotional, physical, psychological needs. Try to tap into these areas as often as needed.

