



## Spring Break is a Great Time for a Reset

March 8, 2022 by Educator Barnes

This week, two years ago was the last week of what many of us called normal life. The year 2020 was a couple of months in and many people declared they were going to have 20/20 vision throughout the year. Unfortunately, that vision had a huge blind spot, and we entered a pandemic that impacted everyone around the globe.

Now, the sun is peaking a bit through the clouds, both literally and metaphorically, and we are starting to return to normal. The pandemic seems to be moving towards an endemic. Although

these last two years have been hard, we need to take time to acknowledge what we endured and reset for the future. Spring break is a perfect opportunity for this.

Below are a few ideas to reset and move forward during the rest of 2022

### **Call a Family Meeting**

If you do not already do this, this is a good opportunity to slow down and just talk. Turn off the television and put away tablets and cellular devices. Take a moment and have each member of the family share what was hard during the last two years, what was good, and what is one goal you are working on for the rest of 2022. For parents, this is a good opportunity for them to hear from their children and learn the information they might not know. This is also true for spouses.

### **Do Spring Clean**

The pandemic symbolized loss for many people. My father died from a heart attack, and he was healthy. Some people lost jobs. Sometimes there are tangible items such as an old work uniform that is still in your space. Take the time to clear out tangible items that bring sorrow or pain. Also, take the time to get rid of items that you are not using. My family has collected at least ten bags and donated them. One hint is if it has dust collecting on it, you probably don't need it. Yes, I am talking about my own closet.

### **Do Spring Shopping**

Now that there is empty space, fill it with one item that will bring you joy. Yes, only one item. You do not want to clutter up the space you have just cleared out. I purchased a heel stretcher. I have plantar fasciitis and Achilles tendonitis. I also wear custom orthotics. This heel stretcher has brought me tremendous joy because I was able to get off of my anti-inflammatory medicine, and I have less pain because I stretch. I got a portable one that I can travel with.

### **Go Somewhere Outdoors**

Take a staycation, a vacation, or even a baecation ... just get outdoors. I love being outdoors. I spend much of that time growing my own food, but I love walking. I also need a scenery change, so I can walk on the wonderful trails in Indiana, through the Smoky Mountains, or on

the beach. Getting outside and getting the sun on your skin can be rejuvenating. Don't forget sunscreen. Black people, we need sunscreen too no matter what your elders told you.

### **Write in a Journal and Burn the Pages**

Wait! What? Stay with me for a moment. Again, the pandemic has brought some of us pain. Write down that pain, and then burn it. Yes, it is a symbolic act. However, symbolic acts can be the jump start to our healing.

### **Show Love to Others**

Sometimes we can fill our buckets by filling others' buckets. Alone or with your family, find a way to support others or your community. Organizations like [Keep Indianapolis Beautiful](#) have volunteer opportunities.

These are a few suggestions to reset as we begin to put the COVID-19 pandemic completely behind us. What would you add?