

Hi JHCS Families,

Before COVID-19 we were used to being on the go and felt like life was on fast forward. COVID has stopped many of the activities that our children, families, and we personally engaged in. However, many of us are left with a feeling of “Now What!” In my reading this past week I came across an article written by Lauren Selfridge, a Marriage and Family Therapist. The title of the article is, **“Your productivity doesn’t determine your worth.”**

In the article, she highlights some obvious ideas we have in our society.

1. Many of us associate who we are with what we do
2. Our value is predicated on our accomplishments

Being productive means that sometimes we need to slow down, rest reflect, feel, laugh, and connect. To do this means that we have to stop and see the world around us. The key is to enjoy slowing down and enjoying the downtimes. Selfridge says, “Learning to tolerate and even enjoy downtime is key to our mental, physical, and emotional well-being. But when our identities are wrapped up in our accomplishments, stepping away from productivity can feel very scary.”

I encourage you to read her short article, as well as watch the other link. It is a TED Talk on Self-Compassion. It is ok to let yourself just sit with no agenda. Finally, Selfridge says, “Despite what our culture may lead you to believe, you are so much more than a to-do list.”

Have a Wonderful Week,  
Sam Grabert

Your Productivity Doesn’t Determine Your Worth. Here’s How to Let That Sink In  
<https://www.healthline.com/health/your-productivity-doesnt-determine-your-worth-heres-how-to-let-that-sink-in>

What is Self-Compassion?  
<https://self-compassion.org/what-self-compassion-is-not-2/>