

No.2
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News from Joe Cabush & Associates

Coronavirus tips for our friends, colleagues and clients

In this issue:

Mindfulness



Mindfulness: Free Workshop

Learn to cultivate mindfulness in the stress and boredom of the pandemic.

Looking for something to do now that every weekend is the same? Ever been curious about meditation or mindfulness? **Or are you just bored out of your mind and looking for anything to do.** Then join us Saturday, May 2nd for a free introductory mindfulness workshop.

Siblings at home



Free Introductory Mindfulness Workshop
Saturday, May 2nd 10:30 - 11:30 a.m.
Led by David Paul and Joe Cabush

The workshop will introduce foundational mindfulness concepts and to begin practicing them in a caring, supportive zoom environment. **No prior experience is needed.**

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"Live each moment. Practice being mindful.
Be present in... Hold on, I have to take this."

Distance Learning



We do ask you RSVP to David Paul at dapack78@gmail.com. After you RSVP we will send you the zoom link to participate.

Finding Joy



Following this introductory workshop we plan to start a weekly mindfulness group for those that wish to develop a mindfulness practice.

Siblings: What parents can do when they fight

Sibling relationships can be super rewarding and when younger can be infuriating but even the most contentious tend to settle down in adulthood. Think about this, your sibling will likely be the longest relationship you have in your whole life, you'll know them longer than your parents, significant other, or your own kids. When we are under this current stay-at-home state, siblings can actually get along better than under normal circumstances. Why, because they have to get along make it work no matter what.

Sibs have to resolve things because eventually they need something from each other, whether its access to the Xbox, sharing the family cat's attention, shared space in the basement, or some quick humorous relief.

But what if they are not getting along under quarantine? For parents, it can be challenging to know when to intervene in sibling arguments and to know when it's gone from teasing to bullying. Bullying is never ok, and that means using one's power to intentionally and repeatedly harm and belittle someone. Kids know the difference between teasing and bullying so this is good language to use when calling out that behavior.

Sometimes, siblings argue to relieve stress or boredom but for sibs that use rivalry to get their parents attention, any attention, even negative, just ends up rewarding and reinforcing the behavior. Parents ignoring the fighting and yelling is better than paying attention to it. It's almost always best to accept the fighting, let them work it out, and stay out of it. Just keep repeating to yourself: *this too shall pass, I am not being a bad parent just because they aren't getting on at the moment, and it's all part of growing up and learning to be in a relationship.*

With the exception of bullying or abuse, fighting is a way to build the essential skills needed to survive out in the world beyond the home. If you can fight and make up and learn to defend yourself, then you are preparing for the real world where people may not be so forgiving and accepting. Your brother or sister will always accept you because the bond is permanent. Siblings can't get divorced. Fighting with someone who will always be there and always love you (even if you don't like each other at the moment) gives sibs a safe way to learn to make mistakes, forgive, celebrate differences, stand up for themselves (however imperfectly), learn to compromise, and repair things when they go too far. When the power differential is too great or abuse occurs it may be time to seek the help of a family therapist.

Why is it so hard to get my work done?

I hate these online classes!

My sleep schedule is screwed!

Why am I so unmotivated?

WHAT DAY IS IT?

Distance Learning: How to make it work at home*

What many parents, college students and high school students have found now that we are in our 2nd month of staying at home, is that time is really getting out of whack. Like we discussed in our last newsletter, the need for a daily routine is fundamental to our wellbeing. It's just hard to do in these circumstances given that school is not in session or is only done remotely. Because these are extraordinary circumstances it is really important that parents and students themselves give everyone a collective break, compassion, and forgiveness for not getting things done. Give your teachers a break too. They miss seeing you in their classrooms. Learning online is just not as effective as learning in person most of the time. When you have to show up in person for a class, you're more likely to hand things in. When you see students sitting next to you taking notes, you're more likely to do the same.

*CAUTION: Parents need to really work in collaboration with their teen's input, rather than being heavy handed for this to succeed.

Distance Learning (cont.) One way to think about managing a daily routine is to write down 3 things you will do tomorrow before you go to bed and then they'll be right there when you wake up. And yes, you must change out of your PJs and brush your teeth before noon. What we know is that more free time does not equal more productivity, if anything, having less structure makes it harder to focus on our work efficiently. This is why many athletes do better academically during the season as they have no free time – they don't say *I'll do it later* - there is no *later*. Our brains are optimally focused for about 10-15 minutes on a task and then slowly declining from there. Becoming laser focused for 30 minutes on one subject and taking frequent breaks is the key to successful learning at home during coronavirus.

Here are the evidence-based tips to getting work done – this really works!

1. Put your phone on airplane mode
2. Put the phone out of your sight (just seeing your phone face down reduces your focus)
3. Set a timer for 30 minutes to just work on one thing, one assignment. No getting up, using the bathroom, or checking other apps on your computer
4. Take a 15-minute break to do whatever you want, get up and move around if you can
5. Repeat above but no more than 3 or 4 of these 45-minute periods in one day
6. Tell yourself you are awesome for getting it done and then go relax and reward yourself



Finding Joy

Most of us have had the experience during the pandemic of feeling, anxious, tired and even weary at times. One of the best antidotes to this stress is to find joy in everyday things and joy in relationships. Happiness is fleeting and is usually about one singular event or something someone does for us or when we get something we like but joy has the quality of going deeper and coming from within. It can express itself in many ways: quietly taking pride in your garden, feeling satisfied with bread you baked for someone, or jumping for joy when you hear a song that makes you feel alive inside. There are many different descriptions of joy (see the quotes below) but all of them relate a state of being that is reflective of an exchange of energy and love with the other, forgetting ourselves for a moment. All you have to do is watch Bob Ross at work in *The Joy of Painting* to know that painting doesn't just make him happy but joyful.



It is the supreme art of the teacher to awaken joy in creative expression and knowledge. - Einstein

JOY

Oh, the wild joys of living! The leaping from rock to rock ... the cool silver shock of the plunge in a pool's living waters. - Browning

is a sustained sense of well-being and internal peace - a connection to what matters - Winfrey

JOY IS AN UNSATISFIED DESIRE WHICH IS ITSELF MORE DESIRABLE THAN ANY OTHER SATISFACTION." - LEWIS

And often, glad no more, we wear a face of joy because we have been glad of yore. - Wordsworth

Do not think only of your own joy, but vow to save all beings from suffering. This is sharing in its highest form and purity beyond all poisons of this world. - Dalai Lama

Joy is a net of love by which you can catch souls. She gives most who gives with joy. - Mother Teresa

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves. - Buddha

And the first rude sketch that the world had seen was joy to his mighty heart, till the Devil whispered behind the leaves 'It's pretty, but is it Art?'" - Kipling

He who has not looked on Sorrow will never see Joy. Could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy; and you would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields. - Gibran

Weeping may last through the night, but joy comes with the morning; Those who plant in tears will harvest with shouts of joy. - Psalms

A thing of beauty is a joy forever: its loveliness increases; it will never pass into nothingness - Keats

The beating heart of the universe is holy joy. - Buber

Celebrate with a feast of rich foods and sweet drinks and share gifts of food with people who have nothing prepared. Don't be dejected and sad **for the joy of the Lord is your strength!** - Nehemiah

We need Joy as we need air. We need Love as we need water. We need each other as we need the earth we share. - Angelou

Outward sunshine, inward joy: Blessings on thee barefoot boy! -

Joy is but the sign that creative emotion is fulfilling its purpose - Du Bos

For happiness one needs security, but joy can spring like a flower even from the cliffs of despair. - Lindbergh



IN TIMES OF JOY, ALL OF US WISHED WE POSSESSED A TAIL WE COULD WAG. - AUDEN

Joy does not simply happen to us. We have to choose joy and keep choosing it every day. - Nouwen

Joe Cabush & Associates, PLLC

Joe Cabush LCSW
 Dave Edwards, MA, CCMHC
 Jean McGuire-Robb, LCSW, MED
 David Paul, LCSW
 Matt Sims, LCSW
 Christopher Smith, MSW

3911 Old Lee Hwy, Ste 42-B, Fairfax, VA 22030
 www.cabush.com
 703-691-0036