

"Morning Truth for Tender Hearts"

Monday, May 4

Here's the email I'll be responding to on Monday, May 4th, during "Morning Truth for Tender Hearts" at 6:30 AM Pacific via Facebook LIVE in the **Sensitive and Strong Sisters Facebook group** (<https://www.facebook.com/groups/SensitiveAndStrongSisters/>)

This teleworking 100% of the time is driving me crazy! I like to keep work at work and home at home, but it's all mixed up! My husband is teleworking as well and normally does one day each week, but I am so slower at finding a comfortable "new norm" than he is. He is perfectly content.

These are my top concerns:

1. I can't go to _____ — my outlet.
2. We are stuck underneath each other all day every day.
3. I just need a vacation but nowhere is open - in fact our mini vacay last week to _____ was cancelled.

Things I've tried:

- Walking the dogs in nice weather.
- Keeping doors & windows open in the house to let the sunshine in.
- Visiting _____ more often while social distancing.
- Finishing [a room in the house] so I'll have a craft/office space. (Currently my telework space is in our _____.)
- _____'s Bible Study "_____."
- Flexing my world schedule so that on _____ days I have a half off. (This is a great schedule for me.)
- Prayer

Why am I still so sensitive over this? What is wrong with me?

What specific aspect of this email resonates most?

1. Look Up:

2. Notice & Name:

3. Normalize:

4. Neutralize:

5. Make an Intentional Choice:
