



Empowered Living #36 – Raising our perspective

May 1, 2020

These sure are interesting times to be living in!

Trees are blossoming, flowers are blooming and grass is growing greener by the day where I live (Ottawa). Meanwhile, the pandemic doom & gloom continues to capture our attention in the media (and social media), which can easily lead to feeling down, depressed and anxious...not to mention lonely, due to the effects of being in isolation.

But spring is a time of hope. Of renewal. Of rebirth. Of growth and expansion. There IS a brighter side to this pandemic, to what is happening in the world around us. There ARE opportunities and gifts in this period, and ways that we can not only get through this, but grow stronger.

If you've been looking for a positive breath of fresh air, that's what this issue is for...providing you with some inspiration to shift from negativity to positivity, and find greater meaning in your life.

I encourage you to check out the events and resources below, and reach out if you need support!

Upcoming events

- **May 2:** [Virtual 80s Dance Party](#) (mixed online event, hosted by Ray of the InBetweeners)
- **May 30:** [Soulmate Attraction Summit](#) (free virtual 1-day event)

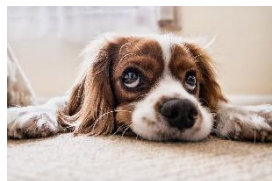
Resources

Grab a warm or cold beverage and enjoy this month's free resources...



Looking for a better-feeling perspective when it comes to our current situation?

Discover more in: [The positive side of this pandemic](#)



If you're feeling lonely right now, what can you do to feel more connected?

Learn more in this short video: [Loneliness and the pandemic](#)



Making the most of periods of contraction

Spring is a natural time of expansion, but the pandemic is prolonging the period of contraction that comes with winter. Resisting periods of contraction is like trying to catch the tide and hold it when it goes out. Instead, we are better off going with the flow of what's happening, knowing the tide will turn.

So, let's look at some ways we can make the most of this period of contraction. It's:

- An opportunity to reflect on what is working, what is not, and what we really want
- A chance to re-prioritize our lives
- An opportunity to get rid of what is not serving us (people, things, habits)
- A chance to reduce waste (objects, spending, energy)
- An opportunity to make room for the new

Good questions to ask yourself include:

- What is taking up too much room (not serving me) in my life?
- Where am I wasting my time, energy, money?
- Who drains my energy? (remove, limit exposure, set boundaries with)
- What can I get rid of? (decluttering - things, paper, emails, weight)
- What do I want to change? (e.g. habits, priorities)
- If I only leave in my life what really matters, what would that include?

By taking advantage of this time, you'll be ready to spring forward and expand when it's over!

Healthy hints



[Managing COVID-19 anxiety](#)

Rockin' recipes



[Mother's Day recipes](#)

Creativity corner



[Spring bullet journaling](#)

Comedy central



[Funny family dancing](#)

Wishing you brighter days ahead! And Happy Mother's Day if you're a mom! 😊

xo Karen

Karen Strang Allen

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