

Better Use of Your Energies

Some things to do instead of battling.

Here are some of the most obvious alternative places for my energy.

- a. **Fill out a Parenting Plan Worksheet and asking for my co-parent's ideas.**
- b. **Using some counseling—whether individual or joint.**
- c. **Reading a good book on reclaiming my life.**
- d. **Using child-focused discussion (or mediation) with my co-parent.**
- e. **Doing the work on www.UpToParents.org.**

And here are some slightly surprising ones.

1. Giving myself credit for my accomplishments.

For all the divorce mistakes I may have made (and everyone makes many), I credit myself for every time I've shielded a child from conflict.

2. Seeking out healthy people.

I spend time with people who have either good divorces or successful reconciliations. And I make sure my relationships show respect to my co-parent.

3. Admiring and enjoying my children—now more than ever.

Self-regard is as essential to children as to adults, and I realize so much of my children's good opinion of themselves must come from me.

4. Celebrating old—and creating some new—rituals and traditions with my children.

Children will need to see routine, order, and healthiness to their lives. I use rituals and traditions as anchors to steady all of us in these uncertain times.

5. Exercising.

I find a partner and something I enjoy doing, and I treat my physical progress as a marker of my overall progress.

6. Trying something new.

All of us have had to put off something we've wanted to try because it didn't fit into our schedules. Today I'll join, volunteer, venture out, and connect.