



Groundhog days

May 2020

First off, I want to recognize the high level of professionalism and dedication that has been demonstrated by Administrators across this province over the past month. As an employee group, your efforts have been astounding as you have quickly adapted to the changing pandemic social construct and its effect on public education delivery.

During April, I have participated in countless daily conversations with BCPVPA members only to be further reminded how highly engaged and committed Administrators are throughout this province. So impressive - thank you!

This past month I have also been reminded that everyone has their own unique story and personal/family dynamics that they are trying to navigate, in this period of uncertainty and change. Whether it be to seek greater social contact, privacy, personal space, or freedom to roam, every one of us is challenged by the context we are living in one way or another.

Given the diversity of our needs, it is important as a collective to acknowledge that another person's needs might be different than our own. By seeking to understand the needs of others, while sharing our own unique needs, we can create greater mutual understanding. This leads to small acts of kindness and consideration that makes it easier for all of us to move forward through the "new" normal we find ourselves enveloped by.

I have also seen that we are all emotionally, mentally and physically "emptying the tank" far more than one appreciates. Activities of daily living that we

have typically taken for granted involve far more energy and planning than pre-pandemic living. By developing weekly plans to distribute the "work load" of household chores, menu planning, grocery shopping, family needs and personal self-care, we can develop routines that help lessen the mental load and emotional consternation that comes with trying to fit all of these things in our lives.

Organizational training guru, Brian Tracy, was quoted as saying, "Every minute you spend planning saves 10 minutes in execution." Good value at a time when energy is at a premium.

Finally, I would like to add that although the days seem to blend into one another like an endless loop, we are all moving forward together. The days are getting longer, gardens are growing and warmer days lie ahead. Stay vigilant in maintaining social connections, be self-disciplined in your daily stress management decisions, and be proud of your selfless leadership and commitment to others. You are truly unsung heroes.

Be well,

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Jack's column appears in BCPVPA's eNews the first Friday of each month.