

## ALL POSITIVE THOUGHTS

By Donna Deos

Okay, after last month's rant, I thought I'd head back to my normal self and look at the positives in life.

Sure, lots of things have gone crazy and people are feeling it, but at least we are still feeling! Most of us are still tasting and smelling too! I asked my daughter what I should write about this month. She was about to head back to Minnesota after spending 3 months here with us. She said, I think you should write about how important it is to spend quality time with those you love while you can. You don't always get to be close and enjoy each other.

She's absolutely right. Her living half way across the country and in such a turbulent city does make you realize how precious the times you have together are. Just being able to hug the in-laws again now that they are vaccinated is a wonderful thing to be grateful for too.

My mother always said "You're going to miss me when I'm gone." She usually said that when we were teasing her about something or disagreeing about something. She was absolutely right. I do miss her when she's gone. I miss her a lot – all of the time.

The positive side of that is I know she's passed away, about 6 and a half years ago now, but she is still very much with me all of the time. I say things or do things she would have done and the family says "Okay Laverne." It makes me smile and keeps her close to my heart, and close to theirs. They occasionally call me "Joe" when I'm standing there watching them do something. My dad was very good at supervising. Our family tends to include our deceased loved ones with us in our daily interactions in this way. It might sound weird to you, but it works for us.

We may not have the ones we love with us as much as we would like, but we certainly have lots of ways to think of them, reach out to them and show them they will always matter to us.

So, whether your loved ones are close or far – here or there – getting along or estranged there is nothing more important than the fact that they are your "LOVED ones."



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I know our important people can push us and test us and stress us out at times. I have often said "My mom knows how to push all of my buttons because she's the one who put them there." We all do this to our closest people. We don't mean to, it just is.

How about we try to start recognizing that and calling it what it is. When you realize you are pushing someone's buttons and upsetting them, call yourself out on it and apologize. "I'm sorry I am pushing your buttons, I had a very stressful day and I shouldn't be taking it out on you." You'll be surprised the reaction you get. Nobody sees that one coming and it can really turn things around quickly.

Likewise, if they are pushing your buttons you can say – "wow you really got me good with that one, where's this coming from? Did I do something to upset you? If so, I am sorry."

Most of the time we cruise around on auto pilot inadvertently playing out the roles we always have. This makes the same old same old happen all over again. Next time you realize you are stuck in that cycle, try using a different reaction and see what happens. You can take a negative and switch it into a positive.

And, Starsea was right, we need to spend more time loving our loved ones while we have them. You don't get that time back and you will miss them when they are gone!

**Wishing you all positive thoughts and loving interactions,  
Donna**



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