

Oh, yes. Hugs and much empathy, Jess! One of the things that helps me find a balance is my daughter. But of course that also means that the deadlines just seem to roll around fastre&#8230; whooooooosh! It&#039;s mighty tempting to ignore everything but family and work, but I know what it&#039;s like to empty the well, and I don&#039;t want to go there again. So glad you&#039;re letting yourself have time for YOU! All your plans sound wonderful. I&#039;m wishing you a joyful fall!