

A Little Light: Monday Musings with Mary Sue



Welcome to the week of July 13!

"Mom, not another Jeremy story", was the half hearted request of my son. At the same time, he picked up his coffee and sat back with a big smile as we shared a childhood memory with his girlfriend. I went on, "Jeremy was 3 years old when his preschool teacher let us know he had stuck several rocks up his nose at recess. Now, I was the principal at this school which made the situation even more interesting. We called the doctor and they wanted to see him right away. However, Tim (my husband), while I was on the phone with the doctor, managed to get them out. Before Jeremy returned to recess we asked the million dollar question, "Honey, why did you put those little rocks up your nose? That's very dangerous." Jeremy looked at us as though we had 3 eyeballs and said, " These pants don't have pockets." Yep, from then on out his pants had pockets!

We have learned the ability to laugh at ourselves and share light hearted stories builds wonderful family dynamics. We make sure to share a few entertaining stories about ourselves as well. Believe me, those of you who know me, are fully aware there are an abundance of these in my history. 😊

I highly recommend sharing some of your funny childhood stories with your children. Not only the ones where you look good (although these stories are important too), but one's that model to your children a healthy ability to laugh at yourself. Not only can this help build stronger relationships with our children, it is an indicator of confidence and humility. **See LINKS below of both research and one of my favorite comedians, Sebastain Maniscalco. Enjoy!**

FACT: According to Inc. (American Business Magazine), Emotional intelligence is one of the most powerful barometers for success and being self-aware is a necessary trait. Your ability to laugh at yourself may not only bring your team closer, but it may also alleviate some of the anxiety associated with chasing unattainable perfection.

LINKS:

NBC News: Why Laughing at Yourself Can Boost Your Health:

<https://www.nbcnews.com/better/health/why-science-good-health-favors-those-who-can-laugh-themselves-ncna781256>

Sebastian Maniscalco: Growing Up in an Immigrant Family:

<https://www.youtube.com/watch?v=6QPhAnI9V10>

Have a great week!

Blessings and prayers,

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