

# Personal Safety Nets® News

GROWING YOUR GARDEN OF RELATIONSHIPS

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**Dear Linda,**

The spring equinox falls on March 20th, when light and darkness are equally balanced. Since ancient times, it's been a period to work in the garden. We'll explore how pruning your Personal Safety Net will increase the growth and strength of your net and offer tips on how to find time for friends in a busy life. Welcome to the spring issue and may you be inspired to strengthen and grow your Personal Safety Net.

## TIME TO PRUNE YOUR PERSONAL SAFETY NET?

**March's tip is to be bold by pruning** your Personal Safety Net. You'll not only encourage new growth but will strengthen your personal safety net.

- Cut those relationships that drain you or are no longer reliable.
- Listen to your gut - is something amiss? Is someone no longer able to help? Ask if they still want to participate. People sometimes say "yes" when they really ought to be saying "no".
- When pruning, remember that there'll be more focus on what remains. It also allows for grafting on new parts.

Pruning of people in your safety net is natural and respectful. Honor with recognition what has been given. The end result is to have a stronger Personal Safety Net and a model for all participants. As spring progresses, rejoice in the new growth of old and new relationships within your garden of people.

## NO TIME FOR FRIENDS?

**Q.** How can I make time for friends when I'm so busy?

**A.** Relationships are important. To have them they must be given priority along with other important parts of your life.

Grow your garden of friends:

- Make specific plans to get together, and make several plans at once. Then if one falls through you have other dates already planned.
- Plan to do things together that you both enjoy. Carpool, meet ahead of time or afterwards to extend your personal time together.
- Don't give up. Let people know that repeat invitations are needed and welcome even if only one or two actually work.

If you care, keep trying. With our busy complicated lives, it may take many invitations and offers to get together before one works out.

### **Building Your Personal Safety Net**

**March 10th 6:30-8:00 PM**

#### **University of Washington Women's Center**

Join authors Judy Pigott and Dr. John W. Gibson as they give a free presentation, open to the public. They'll show you how to intentionally create a safety net made up of plans, systems, resources and people who both strengthen your life in hard times and bring pleasure, security and control in good times. **Given life's inevitable changes and challenges, the authors believe everyone needs to be part of a strong team.**

Please register by contacting the UW Women's center, open 9-5 Monday-Friday at 206-685-1090. The UW Women's Center is located in Cunningham Hall on the UW campus in Seattle, WA. The event is open to the public and books will be available for purchase and signing. Find out more by visiting the Upcoming Events page on our website. [Upcoming Events](#)

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Having a healthy, strong, diverse Safety Net is important for us all. International Women's Day on March 8th balances celebrating women's accomplishments with a focus on the continuing need for protection for all women everywhere. A safety net that has been thoughtfully planted, pruned and fertilized provides increased security. The vernal equinox this month reminds us of the importance of living our life in balance with nature and the need to care for our garden of relationships.

Yours,

Judy & John  
Personal Safety Nets

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