

May 18, 2020

Dear PCS Families, Students, and Staff,

Hope you're staying cozy with all this rain! I have been enjoying working from home more now with the wet weather. Makes staying in so much more pleasant. Take what delights you and leave the rest.

"Tell me, what is it you plan to do with your one wild and precious life?" Mary Oliver

1. **Trust Yourself:** I'm coming across this theme a ton right now in myself and in the people with whom I'm connecting. It is time to truly know and trust yourself. When you find that still, quiet place inside you, you will find that you already know what is true for you. Trust yourself! Trust your decisions. Set boundaries where needed. You don't need to make it okay for everyone else. That will work itself out and you can let other people be responsible for their own feelings and reactions. You will feel relief when you speak your truth. It's time.
2. **Individualized Self-Care:** Again on the lines of trusting yourself, figure out what self-care looks like for YOU. We know some of the basic suggestions about healthy eating, exercise, baths, connecting with loved ones, getting enough sleep, enough solo and social time, getting outside and meditating. It's time to truly listen to what works for *you*. What makes your heart smile and keeps you well? It doesn't have to look any certain way. It just has to work for you.
3. **Authenticity:** It's okay to say you don't feel okay, to be real, even if it's chronic. I feel shame when I say I feel sad or overwhelmed or irritable or angry- like it's only okay to feel those things for a short period of time and then I need to pick myself up and be cheerful and positive again or else people will get sick of me and not love me anymore. The truth is that the people who truly love me never get sick of me and I never get sick of them. I never get sick of you. I believe in the power of positive thinking and feeling and all of that. I try to be in a positive, grateful mood whenever possible, but I also have to honor the little girl inside me who is scared and just wants to be held. I choose to feel my sad, angry, frustrated and overwhelmed feelings, too. When I welcome *all* my feelings with compassion, I feel peace.

I miss you and am thinking of you and sending you so much love!

Warmly,

Becky