

June 2, 2020

Dear PCS Families, Students and Staff,

Thank you for your patience, perseverance and kindness through this strange time. Final week of school! I am ready for summer, but wanted to let you know that I am also continuing to work all summer in the capacity I have been thus far. If you need anything, please reach out to me. Take what delights you and leave the rest.

1. **Truly know yourself and revel in your relationship with you:** Isolation can be hard, for sure, but it can also be a great time to get quiet and really learn to listen to your inner knowing and your intuition. Trust yourself more than your mind tells you not to. Have conversations with yourself. Wake up in the morning and ask yourself, “Sweetheart, what do you want to do today? How can I support you? How are you feeling? What do you love?” See what you can do to fulfill those inner requests, desires and needs. Writing in a journal can be a really helpful way to access your thoughts and feelings in a way that thinking about it alone sometimes misses. Asking questions during your meditation can also help deepen your knowing.
2. **Take stock in your relationships:** Is there someone in your life you’ve been taking for granted? It may be time to clean some things up. Or maybe you are recognizing that one of your relationships no longer serves you or is unhealthy for you. It may be time to clean up there, too. Appreciate the good, healthy relationships in your life and be willing to shift the relationships that hurt you.
3. **Simplify:** Along with your relationships, take a look at what else is truly important to you. Look around your home. What things do you really need to have to be happy? Can you let some things go? How about the way you invest your time? What do you want to do? Are there new adventures and experiences you wish to have? Slow down and ask yourself what really matters to you and honor your dear self by saying “yes” to your true desires!
4. **Gratitude:** What are you grateful for today? Find even small things and celebrate them.
5. **Kindness:** Be kind to yourself and to others. Let someone know how their kindness has touched you.
6. **Play outside:** We live in one of the most beautiful places on the planet. The weather is lovely. One of the healthiest, safest things we can do right now is get outside, breathe fresh air, and move our bodies. Touch the earth. Be near water. Hug a tree or sit low in some tall grass. Tick check after ;)

7. **Expand on what works:** Take some time to think about when you feel best and what *is* working well in your life. Can you do more of this? Can you grow it? Who could help you? What would it take to expand on this goodness just a little bit today?
8. **Eat good food, drink good water, sleep good sleep, get good exercise, read good books, be with good people, and be well.**

I hope you have a lovely last week of school!

Warmly,

Becky