

Dear PCS friends,

Special love to those of you returning to Meadow Valley and Tollgate. I hope you had a safe place to land and are finding the transition home easy.

Please take what delights you and leave the rest.

1. **Selfcare.** “True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don’t need to regularly escape from.” Brianna Wiest. If this concept intrigues you, I highly recommend her short essay on self-care. I read this this morning and it felt like a total paradigm shift for me. Over the past 3 years I have completely changed my life to lean into daily selfcare. I quit my fulltime job at PCBH and went to massage school. I took this lovely job with PCS and now have a nice balance between work and free time. I hike with my dog, visit friends and family, write in my journal, and eat healthy food. If I catch myself meditating or dancing, then I know I am really thriving! True selfcare is an individual experience and I encourage you to get in touch with what truly nurtures *you* and add more of this to your life and let go of, or build a different relationship with, the things that stress you out. I’m very curious what selfcare looks like for you? If you feel so inclined, shoot me an email and give me an example of something you love that nurtures you. I always love to hear from you about anything!
2. **Eat well, sleep well, and exercise.** These basic physical care activities go a long way toward ensuring your mental and emotional well-being. How we treat our bodies matters. And, being as physically healthy as we can possibly be is also the best way to stay healthy if we do encounter Covid 19 or any other illnesses.
 - a. **What foods make you feel best over the long run?** Notice how eating certain foods or doing certain activities increase or decrease your feelings of well-being. The past few days I have been in a sugar haze. By yesterday midday I was irritable and depressed just from eating junk food. Do your own experimenting and let me know how it goes!
 - b. **Get enough sleep and find a sleep/wake schedule (there’s that routine word again) that works for you (and still allows you to attend all your zooms!)**
 - c. **Exercise can be fun!** Find what kind of movement your body and heart enjoy. What makes you smile? Is it the endorphin high from a long run? Or the peace of hiking in nature? Or the feeling of accomplishment when you beat your best friend on the tennis court? Or that free goofy feeling of dancing to your favorite music?
3. **Nature.** I know getting out and about can be challenging right now given the smoke, but if you see a patch of blue sky and your health allows you to be outside, I highly encourage you to get out. Just a short walk around the neighborhood can do wonders for your mood. Nature supports us on so many levels.
4. **Kindness.** As ever, be kind and compassionate. We have many differing views, opinions, and feelings and I can’t remember another time when these differences have been so apparent. However, I have unwavering faith in our community to see past all of that to the human heart in each of us and to love one another no matter what. We’re all good people doing our very best. Open your heart to someone new today.
5. **Show up like today matters and you matter.** Get up, shower, and get dressed even if you are staying home all day on zoom meetings or working independently. You will likely

find that you are more productive and joyful if you take simple steps to prepare yourself as if you are going out and about. Report back please. If I am full of bologna, I'd like to know!

Wishing you all well. Let me know how I can support you.

Warmly,

Becky