

Encouraging words

Dear PCS Families and Staff,

First I want to say thank you to all the PCS staff who hustled and made it possible for our students to continue with their education during the stay home time. Amazing!

And next I want to thank all of you families who are doing the same; setting your students up to keep learning at home, and taking on the challenges of suddenly being teachers yourselves! I have so much respect and admiration for all of you!

With the intensity of suddenly having to stay home and the myriad of feelings we're all feeling, I want to continue to send encouragement and support to all of you. I will share things I know to be helpful in regard to self-care and mental health through the coming weeks and also what I discover along the way. Again, take what delights you and leave the rest.

Trust yourself and your family when it comes to what works best for YOU and keeps you healthy and happy.

In times of stress, having a routine helps tremendously with feelings of safety and well-being. I encourage you to find what works for you. If your teenager truly is happiest waking up at 2pm and going to sleep at 2am, maybe roll with that and see if the experiment works?

1. Routine: In general I would advise getting up in the morning and establishing breakfast, bathing, dressing and personal care. The better we feel, the better equipped we are to weather this storm.

For example, every morning I now take my parent's and my 3 dogs out for a cross country ski or hike. I also meditate. I am continuing with a super healthy eating plan that I had begun 2 months ago and I write in my journal. I take a bath every night and watch silly TV. Whatever feels like great self-care for you, I encourage you to make that a priority.

Meditation: If you are interested in meditation, I highly recommend the App "Insight Timer" if you want guided meditations. ***Be sure to get the FREE version of Insight Timer

2. Connection and Personal Space: I was living alone in Quincy but have chosen to come stay with my parents in Portola so we can help each other out during all of this. I imagine most of you can relate to suddenly being in more contact with your family and less contact with others and the intensity that can provide! I encourage you to work with your household to figure out how to enjoy each other's company by doing things you love together, but also be sure to carve out time to be by yourself. I know this may be easier said than done with kids at home, but to keep our sanity, solo time is essential. Even if you just go into the bathroom or the bedroom for a half hour and ask not to

be disturbed. Or go out for a walk! Getting outside is so great! And encourage every member of your household to find their special alone time/activity/whatever helps them reset.

3. Gratitude: What are you grateful for? Who do you love? Send loving kindness to people. Write down 3 things you are grateful for today. 1. I am grateful in this moment for the feeling of connection to each and everyone of you I feel in my heart. 2. I am grateful for the health of my friends and family, my loved ones, and wish the same for our world community. 3. I am grateful for the yummy lunch I am about to enjoy with my parents. Simple. True.

That's enough for now. I will send emails regularly.

Please contact me if you'd like to talk on the phone about how things are going in your family. Email me directly: bpowers@plumascharterschool.org

Health and Warmth to you all,

Becky