

Dear PCS families, students and staff,

I've been thinking about you and hope you are finding your way. As always, take what delights you and leave the rest.

**1. Quick review of tips:**

- a. Take care of your physical and mental health by eating healthy food, getting exercise, and getting out in nature.
- b. Meditate
- c. Decrease social media, screen time, and news consumption
- d. Connect with loved ones
- e. Do things you love- creative projects, hobbies, music, activities, games, gardening, dance
- f. Do your school work and stay connected with your teachers and your classmates. Ask for help!
- g. Practice gratitude- find the gifts of this time
- h. Find humor and playfulness
- i. Run in the sprinklers
- j. Feel and acknowledge your feelings. Ask for support. Support others.
- k. Get time to yourself. Set boundaries where needed.
- l. Find a routine that works for you
- m. Breathe
- n. Get dressed, brush your teeth, make your bed, do the dishes, take showers, get enough sleep, and practice excellent self-care
- o. Be sweet to yourself and others.

2. **Are we there yet?** I'm finding in some ways this is getting easier and in some ways it's getting harder. I'm getting into more of a routine and learning what truly makes me feel better (eating healthfully, getting up early to go for hikes, taking showers and getting dressed up, meditating, being productive in my work, connecting with friends and family, and lots of time outdoors with my dog). As time goes on, however, and we still don't know when anything is going to change, I find myself growing weary. I miss hugs and barbecues and camping with friends. I miss my body work practice. I miss all the events and travel and celebrations that have been canceled. My heart breaks for the high school seniors and students in general who are missing out on the big events of being a young person. I'm so sorry to all of you. I hope we will all be together soon.

I mostly want to say I'm with you. I care about you and so does all the staff at PCS. I know you care about us and about each other, too! We are extremely lucky to have one another. Let's continue to stay connected and reach out to one another in new ways. I know many of you have already formed new bonds through this. Keep it up!

Warmly,  
Becky