

Dear PCS Friends,

I'm writing this on a snowy Sunday with a cozy fire in my woodstove. I've been not-so-patiently waiting for the inspiration to write this message to come for many days now. Finally, at 5:20 am it came! I notice I am feeling a special kind of empathy in this moment for all the students and workers in the world who do not have the luxury to wait for inspiration and just have to produce academically or in some other way. Yikes! Tough stuff! Hang in there and know that I am cheering you on and all the staff at PCS is cheering you on! We respect and love you so much!

Families and staff, please share these messages with your students as you see fit. These messages do not go directly to the students at this time. If you want to review any of these past encouragement messages, they are all located on the PCS website under the mental health tab.

Please take what delights you and leave the rest.

1. **Say what you mean, mean what you say, and don't say it mean.** I just love this little motto that my friend Rhonda shared with me recently. It's so simple but so poignant. When I remember this right before I speak with someone, I find my conversations go so much better and I don't end up committing to things I don't want to do. Which brings me to my next piece of encouragement...
2. **Say "YES" when you mean "YES" and "NO" when you mean "NO".** Many of us are people pleasers and feel like we have to say "yes" if someone asks us to do something. But I swear to you it is a bigger gift to say "no" if you mean "no" so you don't put both you and the other person in a position where you might feel uncomfortable or even resentful doing something that you don't absolutely want to do. I believe I've written about this recently, but it just keeps tapping me on the shoulder as such a fundamental truth that I want to sprinkle some more miracle grow on it to help it flourish. The main thing I want to emphasize is how GREAT it feels to do things when you have a strong YES! inside you to do it. And whoever else benefits from the thing you do from that place of YES will feel so great, too. Ideally we would be able to live every day doing only the things that are YES's for us and our loved ones. Sometimes we can do a ninja mind trick with ourselves to turn a "no" into a "yes" by figuring out WHY the RESULT of doing a thing is important to us and then we can take great pleasure in doing something hard because the reward is worth it. Advanced training! It's easier to simply start with tuning in to what you feel YES about and doing those things.

During this difficult time, I hope that these encouragement messages bring you a little peace and encourage positive and proactive thinking. I may not have the answers but I trust that you do. Together we can hold space for your true knowing and your healing to show up.

Warmly,
Becky