

Monday, April 6, 2020

Good Morning!

It is hard to believe we are already entering our fourth week of home instruction! If you are like me, there have been moments where time has stood still and you've enjoyed being at home with your immediate family. However, there have been the "*other times*", more than I want to admit, where I have found myself overwhelmed and stressed with the new task of being home, during a crisis, trying to work.

I want you to know, your personal physical, mental and emotional health is far more important than anything else right now!

You should not try to compensate for lost productivity by working longer hours, while taking care of your children. You SHOULD be KIND to YOURSELF and not judge how you are coping based on how you see others coping, perhaps through FACEBOOK or Instagram and even TWITTER. I encourage you to be kind to others as well, and not judge how they are coping based upon what you think they may be doing. Success will no longer be measured the same way it was when things were "normal".

As we enter this fourth week, I hope you are learning to manage your new role in this ever changing world in a calm, rational, and balanced manner. As the parent and caregiver for your family, it is important to remember to TAKE CARE OF YOU!!!! Your new family routine should not only be about balance for your kids, it should also include a healthy ritual for you, the caregiver!

Here are some Mindful Morning Rituals I encourage us all to practice:

- **Cleanse & Refresh:** Drink lots of H2O and shower
- **Attract Abundance:** Write down 3 things you are Grateful for
- **Connect Mindfully:** Inhale & Exhale 5 deep breaths
- **Ignite Clarity & Creativity:** Awaken your senses with a favorite smell
- **Self -Heal:** Meditate 10-30 minutes daily
- **Be Open to Change:** Stretch your body with a new practice; YOGA, Dance, Martial Arts
- **Manifestation:** Write down your Goals/ Set Intentions for the Day, Week or Month ahead
- **Nurture your-self with LOVE:** Get outside and walk or cloud gaze

Good luck in this challenge, and remember, we are in this together! NCCS STRONG !!!

Be Well,

Wanda O'Connell

School Counselor

