

Monday April 13, 2020

Dear Briarwood Families,

We hope you all had an enjoyable and restful long weekend. While this time of year likely looks a lot different for most of us than it usually does, we hope you still found ways to celebrate and enjoy time spent with family.

In these uncertain times, it can be very easy to get wrapped up in thoughts of the future, or worries about what will or could happen. While it is good to plan ahead, sometimes we can get so concerned with the past or future that we forget to enjoy the present. Even though a lot of what is happening in the present is stressful, it is important to take some time to connect with our present experience, and find something positive.

Many of us will have had special foods or treats over the weekend and may still have some left over to enjoy throughout the week. Try this exercise with one of those treats, or another food you enjoy, and spend a few minutes connecting with what is going on in the present, instead of letting your mind fill with thoughts of the future.

Take a raisin or a piece of chocolate and mindfully eat it. Slow down, sense it, savor it and smile between bites. Try closing your eyes and focusing on how it feels in your mouth, the taste and texture. Consider all of the people involved in getting that piece of food to your hands, from the ones who prepared or purchased it, to those who stocked the shelves, to those who planted and harvested the raw ingredients. Take a moment to feel both grateful and interconnected with the world around you.

We hope this not only relaxes you, but reminds you of how fortunate we all are.

Remember, we will get through this...together.

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