

Monday, April 27, 2020

Dear Briarwood Families,

Stress and anxiety can both sneak up on us when we least expect it. Some of us have been waiting for the day that our government officials give us the all clear so we can get back to our previous normal. And yet others amongst us are worried what that is going to look like. Will it be safe to go back out there? Was it really that bad being home?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or become overwhelmed by what's going on around us. When we are not present, our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.

One such way to stay mindful is to journal. Mindful journaling is the act of expressively examining what is in your head and in your heart. Mindful journaling is meditative writing. It is asking yourself why you feel a certain way (anger, fear, happiness, frustration, love) and then letting it go, out of your head and onto the paper. It is a great way to open an honest dialogue with yourself and can help you become more aware of your emotional triggers, thought patterns, and even improve your overall health. It is cathartic, and liberating to write out what we feel, smell, hear and taste.

To reflect is to grow and we all should use this crisis as an opportunity to grow, to help, to learn, to be kind and to be a part of this thing we call life. Grab a sheet of paper and see what happens. Try it... It might be helpful.

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

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