

Monday, April 20th, 2020

Dear Briarwood Families,

As we have spoken to various students over the last few weeks, one thing is clear: nothing is as they thought it would be. They were hoping this would be over sooner rather than later. They were hoping things would be back to normal and we would be back to our regular routines. And let's face it... we were hoping we would too. Our jobs, our commute, our daily stop at Starbucks, our school schedule, our time with family; nothing is as we thought it would be. We can question why all this is happening all we want, but at the end of the day, it is what it is and we have to move forward. Our family, our jobs, our children are looking to us for leadership, for guidance and for safety. This is all very unknown, each day changing just a bit but changing nonetheless. How does the mind keep up? The mind hopes that the body breathes in new air, stays strong and shows resilience. . And so with that in mind, we want to encourage you to take each day as it comes. Do not worry and stress about the things you have no control over, the things you can not change. Be in the present. Be a part of today.

Let go of the ways you thought life would unfold:  
the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide.

The choice to fight what is here before you now will  
only result in struggle, fear, and desperate attempts  
to flee from the very energy you long for. Let go.

Let it all go and flow with the grace that washes  
through your days whether you received it gently  
or with all your quills raised to defend against invaders.

Take this on faith; the mind may never find the  
explanations that it seeks, but you will move forward  
nonetheless. Let go, and the wave's crest will carry  
you to unknown shores, beyond your wildest dreams  
or destinations. Let it all go and find the place of  
rest and peace, and certain transformation.

Wishing you a great week! Remember, we will get through this...together.

Toni LaZurs, M.Ed., LPC  
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