

Wednesday, April 22, 2020

Dear Briarwood Families,

For most of us, our daily lives before the stay-at-home order were full of other people. Our students may be missing in particular their classmates who they are used to seeing for a large portion of their day. Staying at home can be particularly difficult when you feel disconnected from friends and others who you are used to spending time with. Here are some ways to feel connected, even while staying home!

- Try reframing social distancing. “Social distancing” is a term used by public health officials and medical personnel to describe group behaviors that help to slow the spread of a virus. But using that term can imply that you won’t get your social needs met, or that you are being cut off from your community. Changing the way you think and talk about being physically distant can help you to reframe what you are doing and remind yourself that being physically distant doesn’t mean you have to be alone.
- Find new ways to connect. We live in a time when we can still be social, even when we are miles away from one another. Technology has allowed the world to be incredibly connected, and simply calling a friend is an act of social closeness. Take the time to speak about how you are feeling and share your experience with a friend or loved one. You might be surprised how such a simple act can completely turn your day around!
- Explore options on your own. Try to be curious about these new experiences instead of resisting it and use some of this time to find something that you really enjoy doing by yourself. Discover a new hobby, or deepen your interest in an old one! See if you can find new ways to be and new things to do. In the end, you’re the one who gets to choose what you take away from this experience.

Take care,

Casey Lunn, MS, LPC-I
Lower School Counselor

Toni LaZurs, M.Ed., LPC
Middle-Upper School Counselor

TAKINGCHARGE.CSH.UMN.edu

MINDFUL.org

POSITIVEPSYCHOLOGY.com

MINDFULLIVINGPROGRAMS.com