


## From Ms. Leahy-Jones, Counselor: Summer Might Feel Daunting

During this time, some  
People feel a sense of  
Loss.....Loss of:  
Loved one, Job,  
Experiences, Routines,  
Of what used to be...

"Grief is **NOT** a disorder,  
a disease or sign of weakness.  
It is an emotional, physical and spiritual  
**necessity**, the price you pay  
for love   
The only cure for grief is to  
**grieve**" -- Earl Grollman

 [unspokengrief.com](http://unspokengrief.com)



There are moments  
that divide your  
life into "before"



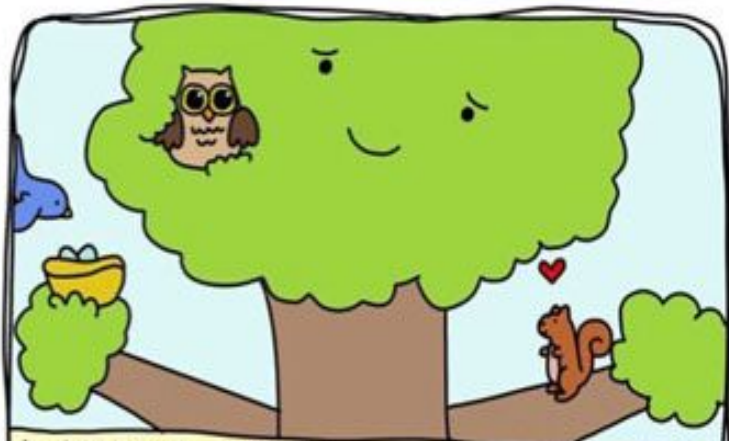
and "after."



No matter how  
much time passes,  
things will never  
be the same.



It's ok to miss the  
safety of "before,"  
and to question  
why something so  
awful happened...



but leave room in your heart for the  
biggest question: what will you do  
with your "after?"

# Summer is Here! For some that could mean uncertainty

Many people are feeling lots of emotions. Perhaps you or your child are feeling sad, angry, exhausted, frustrated and/or worried during this time at home. With summer here, and many places and activities either closed or changed, you might be asking, “how do I navigate this time while I am grieving ‘what used to be’ ?” Below are some tips I have shared with students either through class meetings and/or on the morning announcements (I hope these acronyms can help you and your family deal with the losses you have experienced). I wanted to put them all in one place for you to use. Enjoy this time with your family!

# FASP

Brainstorm activities you and your family find fun that fit into each category below. Put those ideas on strips of paper/index cards and place in a pretty jar or decorated box (FUN JAR). Each day, discuss and plan what you and your family will do that fits into EACH category! This helps us to stay in the present moment.

FUN

ACTIVE

SOCIAL

PRODUCTIVE

# The Importance practicing the 3 C's:

1. **Continuity**-Consistent schedule at home.
  - Meals together (or at least 1 meal as a family)-Give your child one **full day** that belongs to him/her...for planning/cooking dinner.
  - Child picks FUN activity to do that day/night (eg. movie)
  - Sleep schedule-unplug 1 hour before bedtime, no electronics in bedroom. Establish sleep hygiene: bath, cool/dark room, reading, diffuse/spray lavender essential oil, consistent bedtime, etc.

## 2. Connect

With those you live with:



- Eat meal(s) together, bake, garden, play board games, dance, sing, roast marshmallows, play in sprinkler, go for walks, build forts, star gaze, play cards, be outside in nature, etc

With those you do not live with:

- Zoom, Skype, write a letter, text, call on the phone, email, meet outside (social distancing).

# 3. Create

Express yourself creatively:

- Music/Art/Journaling
- Singing/Dancing
- Cooking/Baking
- Movies
- Puzzles/Gardening



Do something for others. You will feel good and so will the other person. Good deeds build endorphins. Help the elderly, thank first responders, make a dessert for a neighbor, etc.

Have a routine and a rhythm to your day that everyone enjoys!

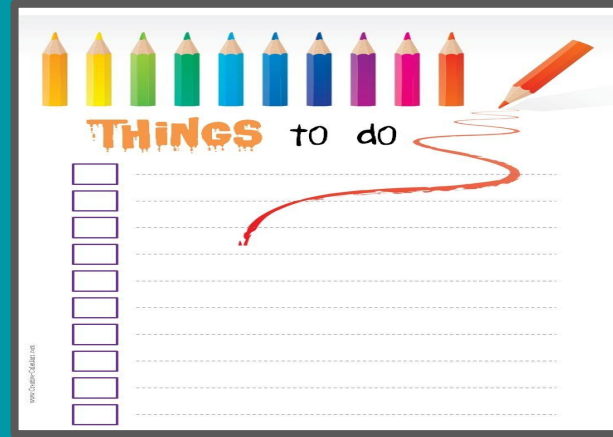
# The Importance of 3 C's for Maintaining our Mental Health



connect



Create



Continuity

*Tap on the picture above , then click on the blue writing to explain the 3 C's ( Connect, Create and Continuity)*