

The Parents Corner

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We hope this last newsletter of the school year finds you well! It has been an interesting year to say the least. The second-semester move from classroom to the kitchen table has certainly triggered feelings of stress, fear and anxiety for most, if not all, parents. Overnight, we became teacher, mediator, playmate, housekeeper, chef, etc., while most parents also have been working from home. It has been a difficult juggling act. Streaming services have replaced in-person interactions. And the quick, vast changes to our normal lives can feel eerie and surreal. The protective stay-at-home orders have kept us safe from the virus, but we are finding ourselves in a more vulnerable state, feeling loneliness and anxiety, among many other emotions. And now that the orders are being relaxed across the state, another layer of anxiety may creep in. It is important to highlight and recognize that these difficult emotions and mindsets can escalate to an unhealthy place if left unchecked. The uncertainty of the future can certainly be daunting, but there are many ways to handle the unknown with the tools we have addressed throughout the past school year – even those that don't seem to directly relate to COVID-19.

On a normal day, you may have a pretty good grasp on your life. As we addressed in the April issue, our window of tolerance may be wide open, allowing you to hold things together and brush things off easily. When life is stressful, you may find your window of tolerance narrowing. If you have a huge reaction to a small problem right now, show yourself some compassion. The standards we've been expecting ourselves to uphold were set in a world that existed three months ago. How quickly that shifted. Change is hard. Growth is uncomfortable. We will make mistakes. Your mind is trying to regulate, release and reset. Remember that we are all going through this together, and it is difficult. Remember that each day, you are doing the most important work of all—taking care of your family. Continue to offer your child empathy and a safe space to express their feelings. Know that you are giving your child exactly what they need during these strange times.

Despite these challenges, all of us at Saint Louis Counseling are feeling immensely grateful to you for allowing us to continue to be part of your world. So, THANK YOU! Thank you for inviting us into your families, allowing us to walk with you on your journey before, during, and hopefully after COVID-19. What a remarkable privilege it is to be invited to engage in virtual therapy sessions as visitors "in" your home. Our sense of

community may seem invisible right now. But we want to assure you that we here, and we are available to support you. This newsletter is a reminder to all that our mental-health community still exists and is here to support you through these uncertainties and beyond.

As we look toward the summer months, we want to assure you that Saint Louis Counseling will continue to be here for you. Our therapists have compiled a resource list for you in the email from your principal.

And, as always, we are in your corner if you need support!