



Dear St. John's Parents and Guardians:

You have all been thrust into an enormous job during the COVID 19 situation. Parent, employee, teacher, health care provider, counselor, so many roles have been placed on your shoulders. Our current way of life is overwhelming and drains our personal resources. It is critical that at this time, we practice self-care so that we can continue to fulfill these roles for our families and ourselves.

Eat a healthy diet. Exercise. Get a good night's sleep. These are the typical things that we are told when it comes to self-care. Often we forget that we need to **be kind to ourselves!**

It's OK to feel life is out of control.

It's OK to not be perfect.

It's OK to not be able to do everything everyone is asking of you.

It's OK if the house is a mess.

It's OK if the laundry doesn't get done today.

It's OK to eat peanut butter and jelly for lunch and dinner.

It's OK not to complete everything to your usual quality.

It's OK to not feel confident in all that you have to do.

It's OK to not understand the "new" math.

It's OK to need help.

It's OK to stop working and have fun.

It's OK to take a break to cuddle with your child (even the teenagers!).

It's OK to laugh.

It's OK to cry.

It's OK to feel angry or frustrated.

It's OK to call your friends and connect.

It's OK to take time for yourself.

It's OK to not be OK.

Life is hard but you are strong. You do amazing things each and every day. Have faith in yourself. Be kind to yourself!

Stay safe and healthy! Please feel free to reach out to me if you need anything!

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