



April 22nd Wildcat Weekly

As we move into week five of distance learning, the theme that comes to mind is perseverance. The novelty is wearing off, and we are discovering the challenges of juggling multiple virtual schedules within our families. Repetition threatens to make normally-enjoyable activities feel boring instead of uplifting. We are all looking for ways to keep ourselves and our families healthy, happy, and engaged. Perseverance, sticking to the course in spite of difficulties, requires us to take care of ourselves. Long-distance runners require proper nutrition, adequate hydration, and a strong mental focus to complete a race. And, of course, they have had months or years to train - we are running this marathon with very little preparation!

What bolsters your patience? What lifts up your hopefulness? What calms your fears? Once again, the Sources of Strength become a useful framework for considering ways to keep yourself and your family healthy. **Family, friends, and mentors** help us feel connected. **Healthy activities** might look different during this time, but they increase our energy and reduce stress. **Medical and mental health** access take on new importance for maintaining long-term health. And **generosity and spirituality** sustain us through the hardest of times.

Another aspect of perseverance is keeping our long-term goals in mind. SMART goals are especially helpful:

S- Specific: What do you have control over? Can you pick one aspect to focus on?

M- Measurable: How will you track your progress? How will things be different when you achieve your goal?

A- Achievable: What can you personally do to reach this goal? Is it worth the effort?

R- Relevant: Why is this goal important to you? How will it help?

T- Timely: What is your timeframe? Can you be flexible during this period of unknowns?

Please reach out to counselors [Julie May](#) (High School) and [Carol LaRocque](#) (Lower and Middle School) as we are here to support parents and students. In addition, these

local and national resources are from organizations that St. Mary's Academy has worked with in recent years:

For families seeking support for adults or children experiencing depression and anxiety and for general support, **CU Depression Center COVID-19 Support Resources**

For families who have lost a loved one, the mission of **Judi's House** is "to help children and families grieving a death find connection and healing."

Psychologist Lisa Damour's website lists several recent interviews she's given: **<https://www.drlisadamour.com/press/>**