



May 6th Wildcat Weekly

We are living in the midst of unprecedented change. We have been required to make numerous adjustments to our daily lives, changing many of our familiar routines and planned celebrations. Structure and predictability provide us with a sense of control and familiarity. Given the situation we find ourselves in today, structure and predictability are not what most of us are experiencing. Instead, we are grappling with feelings of uncertainty.

Accepting and coming to terms with the facts laid in front of us can be difficult, and at times, painful. How then, do we most effectively manage change? One place to start is with yourself. Take time to quiet your mind and acknowledge what you are feeling. If you're frustrated, let yourself be frustrated. If you're sad, permit yourself to be sad. The practice of naming our feelings and allowing ourselves the grace to experience those feelings helps to process and move through them. In the words of Dr. Lisa Damour, psychologist, and best-selling author, "When it comes to having a painful feeling, the only way out is through."

There is another part to acknowledging and experiencing painful or uncomfortable feelings, and that is to recognize our innate ability to persevere. Resilience is a powerful resource, and we have more than we tend to realize. Think of other stressful times in your life when you thought, "I can't possibly handle one more thing," and then one more crisis presented itself. You found the strength, or others stepped in to help, and somehow a resolution was found. In these times, faith, gratitude, patience, and compassion carry us through each day.

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/>