

Wellness Wednesdays

Greetings Falcons and Falcon Families,

As we move through life within our new normal, we may find ourselves challenged in many ways. The daily news of our current situation is saturated with overwhelming data and images of suffering and distress. Learning and working from home can feel stressful and daunting. Being confined with family can, at times, prove to be a test of patience. But ultimately, we get to decide how we choose to respond to this crisis.

You can respond to a crisis by closing down your senses, distracting yourself, or worrying about the future. Or, you can continuously search for what you appreciate, value, or find amazing, and experience the awe that is ever-present. You can [even] do this if you are confined to your home. In the process, you can transform a perceived constraint into a daily awe practice—reducing your anxiety and nourishing your soul. – Greater Good Magazine
4/15/20

The above quote comes from a recent article in Greater Good Magazine, in which the author invites us to explore the gift of awe and beauty within our homes. Much like developing a practice of gratitude, the more we look for the beauty around us, the more we find.

When you have a moment, please make time to read the attached article. I hope you find it as meaningful as I did.

https://greatergood.berkeley.edu/article/item/stuck_at_home_how_to_find_awe_beauty_indoors

Be safe and well,

Ms. McDougall
CBHS Wellness Counselor