

Hi JHCS Families,

I hope this email finds you and your families healthy and happy. As the weeks and days move forward I hope that you are finding a new normal for yourself and within your family unit. Some of the subjects I have addressed this week, when counseling with individuals, have been fear, stress, and lack of control.

When we experience fear it can be consuming and make us feel helpless. When you feel your signs of fear or stress, do not ignore it, confront it. It is similar to a bad dream. When you do not talk about a bad dream it gets bigger, but when you share it, it takes its power away.

Confronting your fear and stress is similar. Use tools to cope with the fear and stress by using breathing exercises, journaling, coloring, painting, listening to music, talking to someone, taking a bath, reading or exercising. The bottom line is you can only control what you can control. So, looking at what you can control will help you feel more grounded and feel less fear and stress.

Finally, Winnie the Pooh and Christopher Robin offer us words of wisdom.

“You’re braver than you believe, you’re stronger than you seem and you’re smarter than you think.” I hope you all have a wonderfully happy and healthy week.

Best Wishes,
Sam Grabert