



Sadness and Silver Linings

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*Every Cloud
has a
silver lining*

Covid Complications





Overview

- Sadness
- Crisis for ALL
 - Vulnerabilities
 - What helps
- Silver Linings
- Getting Through Together
- Questions

Wishes

We wish for

- Answers/Predictability
- Celebrations
- Peace and relaxation
- Normalcy
- Maybe control, to be in charge



Sadness

Allowing space to feel, to talk, to experience

We are missing

- People we love
- Milestones
- Playdates, hugs, socialization
- Performances, sports
- Working and going to work
- Vacations
- Being competent and confident



Loss, Change and Uncertainty

- Infiltrating every part of our lives
 - Can't protect our kids from the complications, changes, losses
 - It's taking a toll on everyone
 - Highlighting inequities and larger social challenges
- Affecting relationships, finances, futures
- Regression is expected
- Affecting our peace of mind and well-being



Worst Thanksgiving Ever!

“This was the worst Thanksgiving ever!”

- For many, this was a really hard year
- But we made a lovely dinner, but we were all together
- But I tried to protect you, compensate, etc.

“But it was a good dinner and it’s not your fault, it’s just Covid”

- Take yourself “off the hook” of responsibility
- Doing the best we can



Let's Not Avoid This

- Acknowledging the swirl of unpleasant emotions
 - Pause...put your oxygen mask on
 - Validate, join
 - Clarify, explore
 - Reinforce love and belonging
- Commiserate and then pivot to looking for relief
 - See the helpers, the silver linings and the opportunities for growth
 - Trust that acknowledging problems (complex and simple) is the first step to solving problems



Crisis for ALL at the same time, Vulnerabilities and what helps



Partnership

- People
 - Teachers and SEL check-in's
 - APSS, Social Worker, Psychologist
- Curricula
 - Second Step
 - Zones of Regulation
 - Supplemental materials



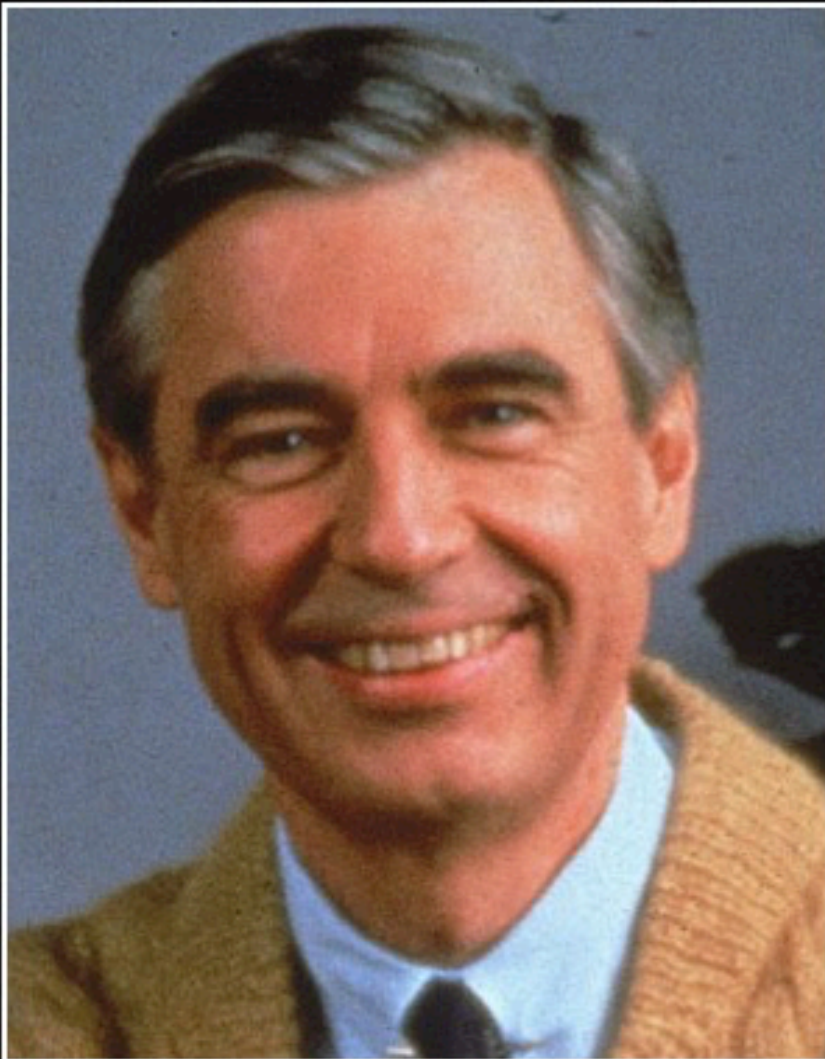
#BeWell34
A CALMING CENTER
FOR STUDENTS

Grief

- Grief is a shared experience
 - But also a very individual experience
- It helps to talk about it and be honest
 - Validation
 - Ride the waves
 - Take the time you need



Feel Your Feelings



People have said, 'Don't cry' to other people for years and years, and all it has ever meant is, 'I'm too uncomfortable when you show your feelings. Don't cry.' I'd rather have them say, 'Go ahead and cry. I'm here to be with you.'

— Fred Rogers —

AZ QUOTES

Yes, **AND** 
@HOLISTICALLYGRACE

Yes, *we can feel grateful*

AND

**DISAPPOINTED
ABOUT THINGS
BEING CANCELLED**

Yes, *we can enjoy
extra time
with loved
ones*

AND

**FEEL OVERWHELMED
BY THEIR PRESENCE**

Yes, *we can be
hopeful*

AND

**FEEL LIKE
EVERYTHING IS
FALLING APART**

Yes, *we can be a
source of
support for
others*

AND

**PRIORITIZE OUR
NEEDS, FILL OUR
OWN CUP**

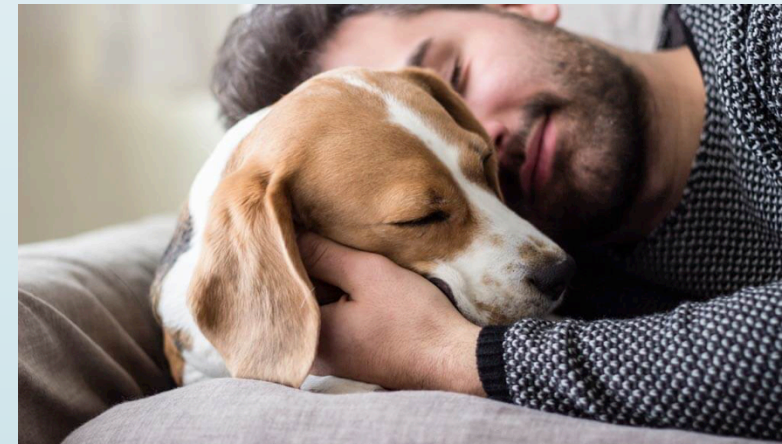
Silver Linings

- Challenge never comes alone, it brings some friends to soften the blows
- General and Individual Opportunities
 - To find strengths we didn't know we had
 - To spend time with the people in our home
 - To practice gratitude



Any Good is Good!

- Short commutes
- Board games with family
- Cooking and eating together
- Pets are so happy to have us home





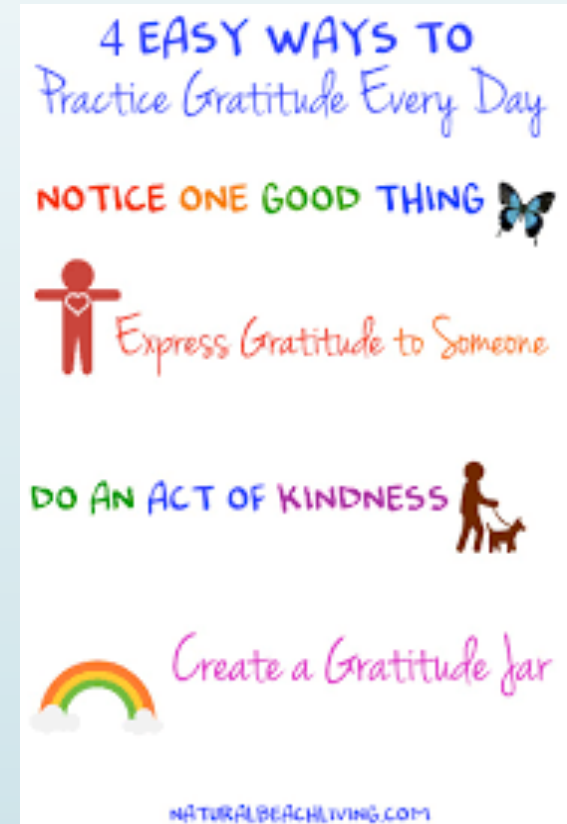
Silver Linings at School

- We are all in this together
- Teachers and families get to know each other in new, meaningful ways when we are “in” each others homes.
- New, evolving understanding of the importance of social/emotional health and learning for both teachers and families.

Gratitude



- Notice beauty and goodness wherever you are
 - People—call, write, talk with your favorites, hug the ones in your home
 - Music—listen, sing, play
 - Go for mindful walks (e.g., find colorful leaves, look for different types of animals, notice sounds, etc.)
 - Really experience the simple and accessible pleasures



Grateful for Others Right now...

- There are monks in the Himalayas reciting mantras daily for the cessation of your suffering and the flourishing of your happiness.
- Hard working people are making sure that you get your mail, and your garbage is picked up, that the trains are running on time, and that you are generally safe.
- Energetic, passionate folks are dedicating their days to protecting your civil liberties and clean drinking water.
- Creative artists are writing songs that will make you smile and dance

Humor and Laugh



"You'll have to forgive Jack. The left and right hemispheres of his brain are currently engaged in a struggle for dominance."



THEY'RE FREE-RANGE,
BUT THEY NEVER LEAVE
THE WI-FI AREA.

E-Time.in

Wallpapers & Blog



DON'T TELL ME YOU'RE OK!

YOU'RE NOT OK!

I CAN SMELL THE
HURT INSIDE YOU!

DON'T WALK
AWAY! TALK
TO ME! ❤️

BEWARE OF
EMOTIONAL
SUPPORT DOG

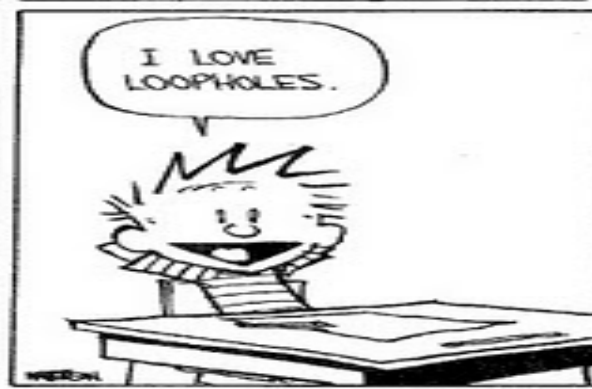
1. Explain Newton's First Law of Motion in your own words.



YAKKA FOOD MOG. GRUG
Pubbawup Zink wattooM
GazORK. CHUMBLE SPUZZ.



I LOVE
LOOPHOLES.



Nick Arvin @NickArvin · Nov 17

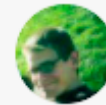
If I am named Secretary of Transportation, I pledge to implement all of Richard Scarry's best ideas.



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5K

32.5K



Nick Arvin @NickArvin · 22h

Innovative entrepreneurs like Mistress Mouse will be encouraged.



Jacqui Alexander @Jacquilopec · 23h

Replying to @247observer @NickArvin and @dontattempt

Definitely true more often than not, but our family's personal fave is Mistress Mouse, the tow truck operator.



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Free Learning Opportunities

- <https://www.coursera.org/learn/the-science-of-well-being>
 - Yale course, Science of Wellbeing
- <https://www.youtube.com/watch?v=IKCHjRit7b4&list=PLyOuAoSmZkKp4eQiHraCEcSTkwN5ohom0>
 - Sharon Salzberg 10 day Loving Kindness Meditation Challenge
- https://product.soundstrue.com/power-of-awareness/free-video-series/#a_aid=5db32b65e502d&a_bid=72720b5d
 - Power of Awareness, 7-week video series with Tara Brach and Jack Kornfield
- <https://10daysofhappiness.org/> From Action For Happiness

Going Forward Together

- We are in it together
- Allow room for all the feelings
- Notice the Silver Linings
- Reach out for support





Resources for Parents: It's OK to ask for help

- **Your school partners are here for you**
 - **Social worker, Principal, Student Services**
- **Local organizations are providing teletherapy services**
 - **Family Service Center: 847-251-7350**
 - **Family Institute at Northwestern: 847-733-4300**
 - **Youth Services of Glenview: 847-724-2620**
 - **Haven Youth & Family Services: 847-251-6630**
 - **Josselyn Center: 874-441-5600**

Questions?