



LIONS WITH LOSS

Your Wednesday Weekly from Student Counseling Services



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COUNSELOR CORNER

*From Meghan Muse, ALC
under the supervision of Jennifer Berry, LPC-SC*

Hey Lions!

Hopefully y'all have had some time to recuperate from the Spring 2020 semester this past week! As you may know, self-care during this time is super important but it may look different for each person. Take some time to check-in with yourself and see how you are doing emotionally, physically, and spiritually. Self-care doesn't have to look like an elaborate Instagram-ready yoga photoshoot but, rather, it can be as simple as drinking a glass of water! Remember to take care of yourself, feed yourself, water yourself, get some sun--like taking care of a plant! With that said, be sure to check out our latest series, *People + Plants: Living with Limits*, on our Instagram account @una_scs!

Be Well & Roar Lions!
Meghan



GRIEF BRIEF

Castles Made of Sand

We live in a modern society that has become accustomed to competition and goal-setting, convenience and quick fixes. This has, in part, been a by-product of our great advances in technology. Our lives have been greatly enhanced in many ways with these innovations and, as a result, we have adapted accordingly and may have come to find it a comfortable normal.

With the rise of the pandemic, however, we have found ourselves having to adapt very drastically and very quickly. For many, the reality may have begun to sink in that a change back to what we knew is not going to happen equally as quickly as it came about. It is important to acknowledge that change is grief. Not only that, grief is most often change that we don't want and that we never asked for.

All we want to do is to get back to what we label as "normal" and away from this new and unfamiliar experience. This week, we'll be discussing the impermanence of life and ways to cope with existential grief by cultivating non-striving and tapping into the present moment through creative flow.

In last week's issue, we discussed how to become more comfortable with uncertainty and in taking it one step further, normalizing the impermanence of life can help us in that task. Impermanence refers to the state or fact of only lasting for a limited amount of time--more succinctly, nothing lasts forever. This fact of life makes the human experience inherently fraught with grief, known as existential grief. Grief by default.

One striking example of mindfully engaging in the present moment to create comfort with impermanence is a spiritual and artistic practice done by...monks! Before you write me off, you actually may have seen videos of these monks creating colorful sand mandalas, or geometric configurations of symbols.

While engaging with relaxed alertness, they experience a trance-like state for hours at a time, sometimes referred to as flow (see Resources on page 4). Once the beautiful mandala is complete, it is not long until it is brushed away by the very persons who created it.

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