



# 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



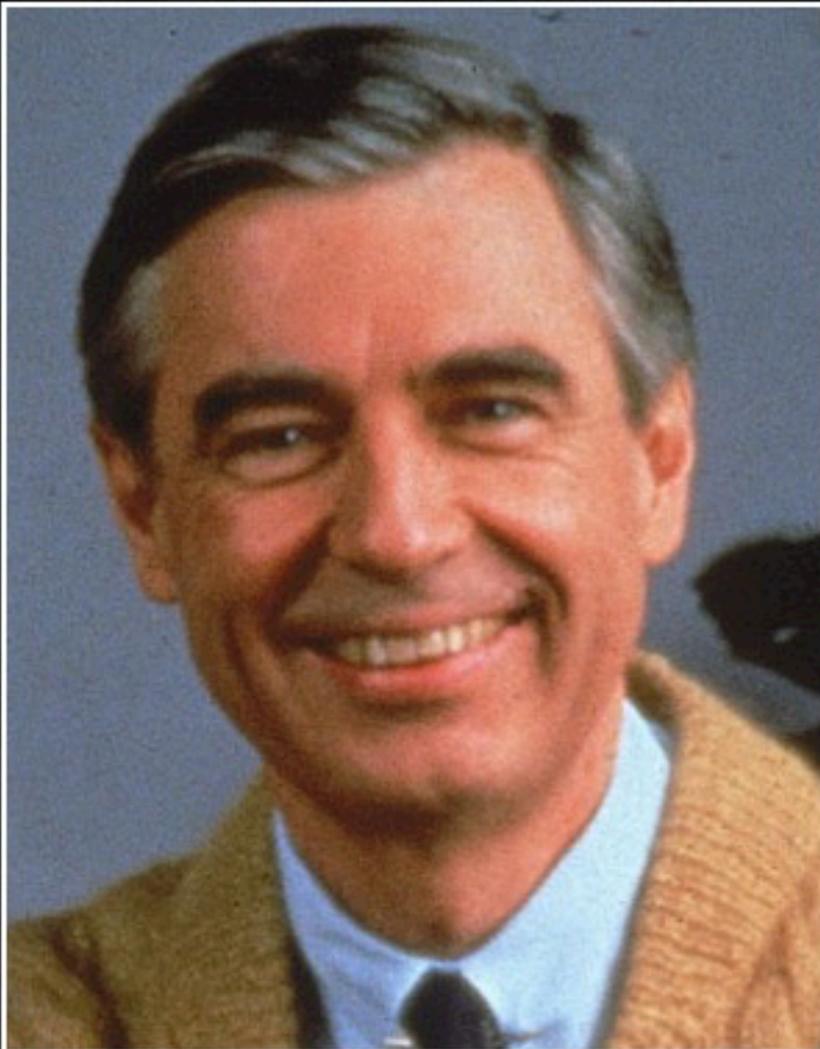
#Bewell34  
A CALMING CENTER  
FOR STUDENTS

# 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

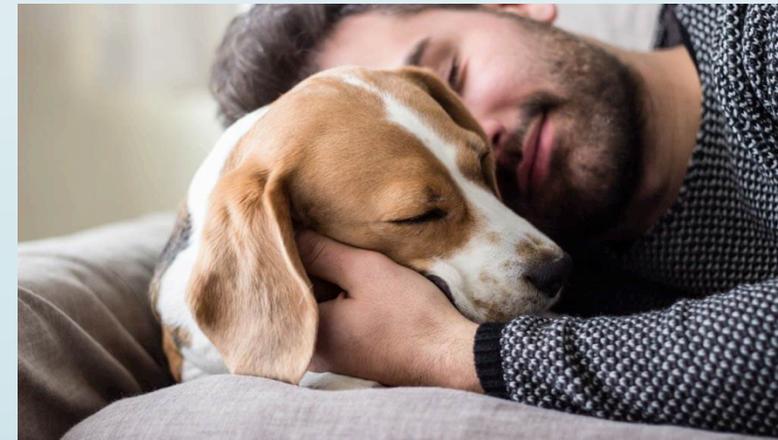
# Silver Linings

- 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



A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

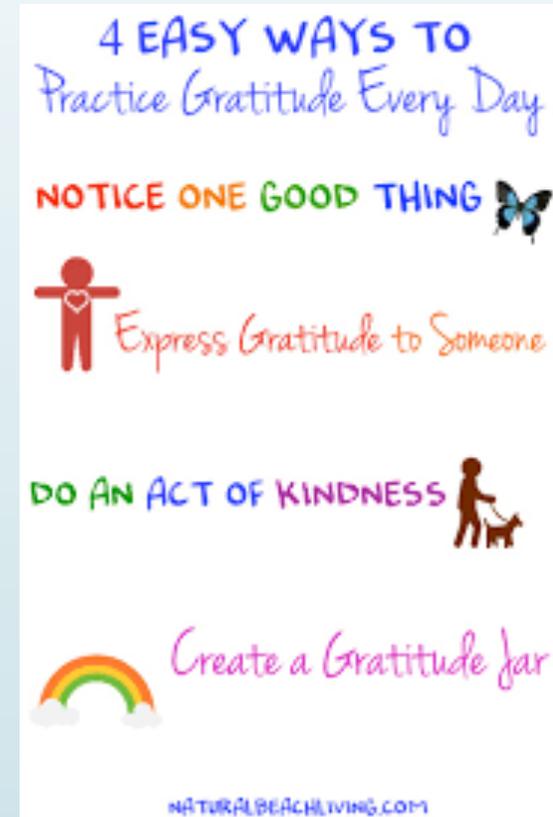
# Silver Linings at School

- ▶ 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



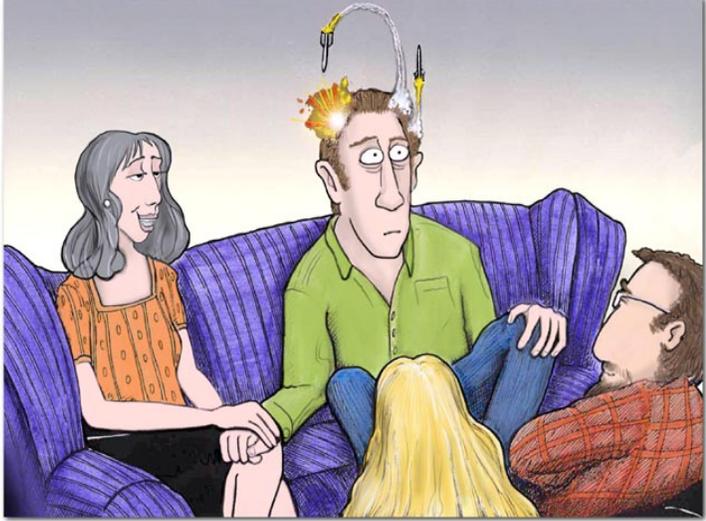
- Notice beauty and goodness wherever you are
  - People—call, write, talk with your favorites, hug the ones in your home
  - Music—listen, sing, play
  - Go for mindful walks (e.g., find colorful leaves, look for different types of animals, notice sounds, etc.)
  - Really experience the simple and accessible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



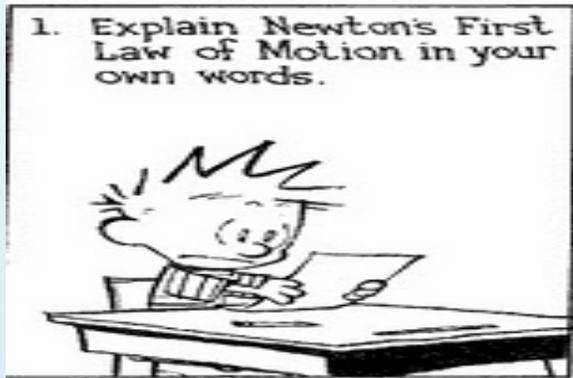
DON'T TELL ME YOU'RE OK!

YOU'RE NOT OK!

I CAN SMELL THE HURT INSIDE YOU!

DON'T WALK AWAY! TALK TO ME! ❤️

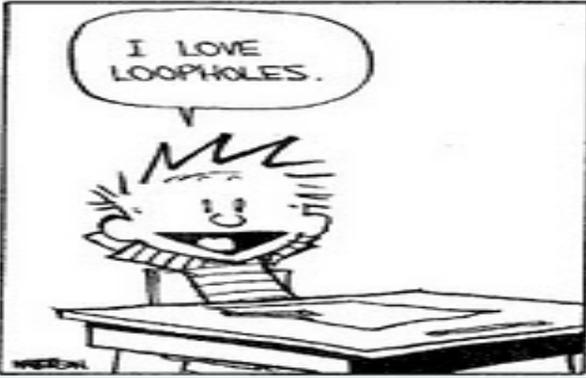
BEWARE OF EMOTIONAL SUPPORT DOG



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



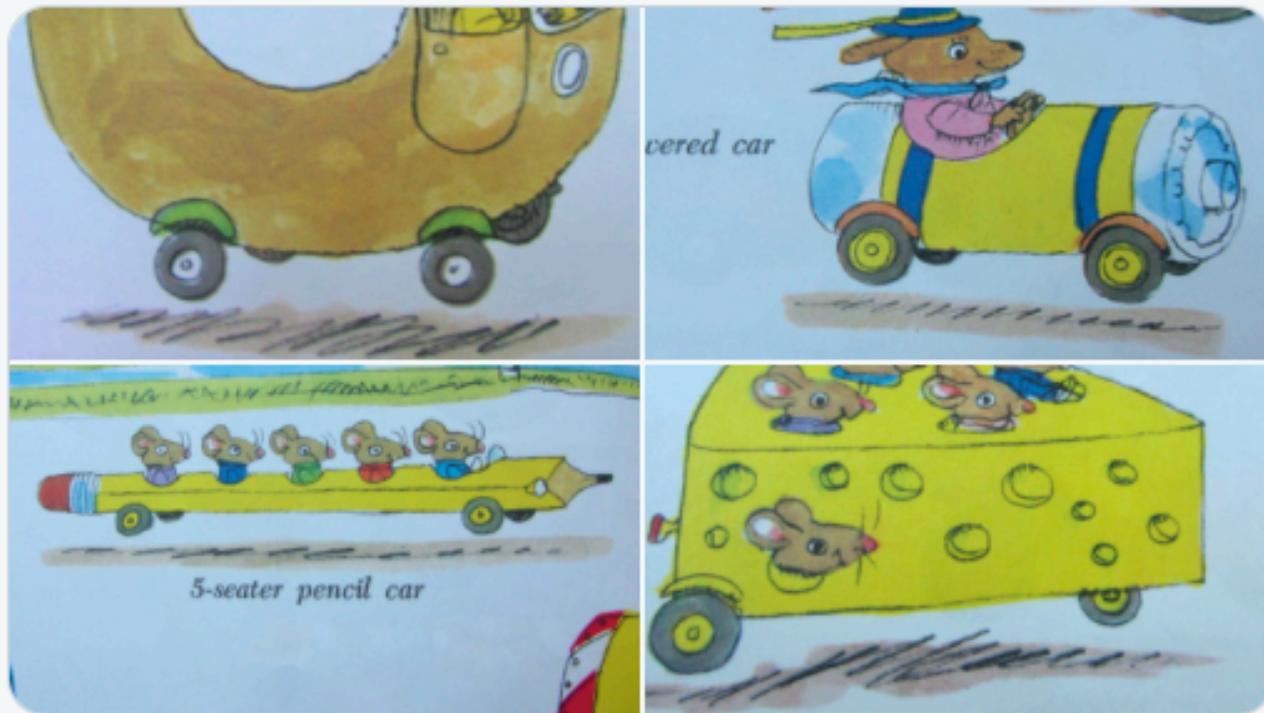
YAKKA FOOD MOG. GRUG Pubbawup zink wattooM GazORK. CHUMBLE SPUZZ.



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.



178 5K 32.5K



Nick Arvin @NickArvin · 22h

Innovative entrepreneurs like Mistress Mouse will be encouraged.



Jacqui Alexander @Jacquilope · 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.



3 6 167

# 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](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



When "i" is  
replaced with  
"we" even illness  
becomes wellness.



## 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?