

April 27, 2020

Hello Parents and Guardians,

I wanted to share what I sent out to the faculty this week because I know as parents there are likely right now many feelings of loss as this crisis continues. I also know that some families have lost loved ones since this crisis has begun. I hope you will find it useful. Please don't forget you can reach out the counselors in your child's division for advice or support as you navigate this time with your families.

Here's the letter:

I know for me the news about school staying closed for the rest of the year, while not unexpected, was still a stark reminder about how long we may have to be living in this COVID-19 crisis world. My own feelings of loss about missing my dad and long-anticipated graduation ceremonies for both of my children were reignited.

During this crisis we will all grieve in some way, because we are all losing something. We may often try to push away the grief by saying, "at least I" or "but," not allowing ourselves to feel that grief because there are others who are in worse situations, but the worst lost is always our own loss at the time. It is not a competition.

In the attached video, psychotherapist **Esther Perel** describes the grief behind these missed events as being more about the meaning behind the event than about the event itself. We are used to planning things as a way of being hopeful for the future. The loss of certainty about what will happen next is known to be one of the primary factors activating our threat response, so it is logical that we feel anxious and sad. Grief expert David Kessler, author of [Finding Meaning, The Sixth Stage of Grief](#), believes that getting through grief is not done by finding the meaning in the actual death or loss, but in finding the meaning in what we do afterwards, how we find meaning in our lives even with the loss.

Here are links to these videos/articles about how to navigate grief surrounding the coronavirus. We hope that they help you in your journey to "**Notice - Name - Navigate**" your feelings.

[We're All Grieving, This is How We Get Through It](#) - Esther Perel

[That Discomfort You're Feeling is Grief](#) - David Kessler

And here's a bonus to lift your spirits!! :)

[Need a boost? This week's most uplifting coronavirus clips](#)

Best wishes,

Dr. Suzanne Ritter
Upper School Psychologist