



# 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!

As we just wrapped the spring semester, we at Student Counseling Services would like to convey our pride and congratulations to all our amazing graduates! We hope you will use this time to get creative in coming up with new traditions to celebrate all of your accomplishments. This week's Grief Brief speaks to the connection that we all share with nature and how observing its patterns may help us to learn a little more about our own "Human Nature." In addition, be sure to check out this week's Wellness Wednesday tips and may it inspire to you treat yo' self! With this semester in the books, I encourage you all to do a little victory lap--you have certainly earned it!

Be Well & Roar Lions!  
Meghan



## GRIEF BRIEF

### *Human Nature*

*Spiritual thought leader, Ram Dass, once said, "When you go into the woods, and you look at trees, you see all these different trees. And some of them are bent...you sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. The minute you get near humans, you lose all that. And you are constantly saying, 'You are too this' or 'I'm too this.' That judgment mind comes in. And so I practice turning people into trees. Which means appreciating them just the way they are."*

*All too often we have a tendency to categorize our life, our emotions, and other people to fit into a neat little package. In processing a pandemic, however, there is no point of reference or context of prior experience, which can send our emotions into high gear. This week we'll be discussing emotions and uncertainty and how we can look to nature for greater understanding and acceptance.*

*The crux of life, perhaps, is learning to be comfortable living in uncertainty. Just when we think we have crossed that finish line, met that goal, learned that lesson, taken that deep breath and long sigh of relief, here comes another challenge!*

*Cultivating our agility to dance with the flow of life is truly an art form, but getting to that point is not easy. What often happens is fighting rather than dancing, resisting the flow rather than surrendering to the unknown. And those pesky emotions? They're just getting in the way of the end goal! So, would I even be a counselor if I didn't say it? IT'S A PROCESS!*

*This process may look quite different at this time of quarantine and questioning. You may have often thought, "When can I hang out with my friends again? When can I go out for cheese dip on Taco Tuesday? How can I make plans now?" and on and on. Preparing for the future may seem more daunting now than ever and, for some, all the uncertainty may even be unbearable.*

*For those who are experiencing other losses such as grieving a special person who has died, or for those who are currently experiencing prolonged grief and trauma from racism and oppression, sitting in uncertainty is not a foreign feeling but, rather, it has become a way of life (see Resources on page 4).*

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*And so I practice turning people into trees. Which means appreciating them just the way they are.*

*-Ram Dass*