



LIONS WITH LOSS

Your Wednesday Weekly from Student Counseling Services



This Issue:

*Photo of the Week
& Counselor Corner*
page 1

*Grief Brief: "Islands of
Comfort"*
page 2-3

*Wellness Wednesday,
Resources, &
Moment of Zen*
page 4

COUNSELOR CORNER

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

Hey Lions!

I hope this message finds you all doing well, as I am sure you are tackling finals and looking forward to wrapping up the semester! While this time can be a welcome relief for many, for others this could become a period of dread in anticipation of unstructured time and prolonged physical distancing. This coupled with what many are calling "quarantine fatigue," could have you dreaming of a summer getaway or just wanting to be anywhere but wherever you are. This week's Grief Brief discusses feelings of isolation versus solitude and how we can come to view this time as an opportunity to create our own Islands of Comfort wherever we are. Happy reading!

Be Well & Roar Lions!
Meghan