



As I began writing this blog post, I am reminded of Grace. If there is anything I need right now it is that!

As an educator (especially this year), things are more overwhelming than ever. I was on a virtual team meeting call with my school district to review our plans for the beginning of the school year. By the time it ended, almost an hour and a half later, I was crying. What did I get myself into? What is my next step? What will the parents think? What if I can't do this?

As parents/guardians/educators or whatever role you are playing in a child's life right now, you may feel the same way as me. OVERWHELMED. The questions are piling up and anxiety could send you on a trip to the ER if you aren't careful.

What I am asking of you, is that you give yourself Grace. This means giving yourself time, patience, and room for mistakes. It means allowing yourself to be imperfect, to cry if you need to, and to take time for yourself. Take one minute and breathe. You can do this.

We are all only human after all. And as the saying goes, "We are all in this together".

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