



Social Worker Newsletter



Volume 7, Theme: Adjusting
Created by Sara Lawson

**“It was the best of times, it
was the worst of times.”**

-Charles Dickens, A Tale of Two Cities

I was reminded of this quote this morning as I was both thankful and stressed out to be working at home with my children. Sometimes in these situations, it is helpful to think about a time in the distant future when all of this will be a compilation of memories, and consider how we want to remember these times, then try to make it happen that way in the present.



Oxford defines ADJUST as:

- To alter or move (something) slightly in order to achieve the desired fit, appearance, or result.
- To permit small alterations or movements so as to allow a desired fit, appearance, or result to be achieved.
- To adapt or become used to a new situation.

We all have different abilities and speeds of adjusting, but we find that life can be easier if/when we do. Adjusting is a healthy coping skill. It implies flexibility and adaptability.



This is officially the last week of “school,” so let’s celebrate! We made it. We will miss the traditional celebrations that usually occur at this time, but perhaps we can find new ways to mark the many occasions that call for festivity. Get creative or look online for ways other people are celebrating these days. Either way, there is much to celebrate, so do it your way!

Fit Sanford Health Ideas

- Make movement a priority every day.
 - Prioritize unplugging.
 - Make meals a family project.
- Take time to do daily reflection as a family.



Your KSD Social Workers

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