Thoughts from James | April 13, 2020

James Layman, Program Director – Association of Washington Student Leaders

Be.

That has been my word this year. That was the word that filled my vision board of my goals for 2020. To be.

Be grateful.

Be frustrated.

Be giving.

Be a learner.

Be a student.

Be ________.

To own it and live in it. As someone who like some aspect of control in my life - this experience has caused me to forgo a lot of that control. While processing grief and the acting of 'be-ing' throughout this process. I was struck by a quote from Brené Brown's 'Unlocking Us' podcast. It put a lot into perspective for me, and helped me recenter that throughout experiencing grief, a lack of control - the act of "be-ing" is the perfect word for 2020 - as we all can take the opportunity to be BE there for one another.

"Each person's grief is as unique as their fingerprint. But what everyone has in common in that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining." - David Kessler, Finding Meaning: The Sixth Stage of Grief