Thoughts from James | May 12, 2020

James Layman, Program Director – Association of Washington Student Leaders

1. “Hitting the wall is real.”
2. Hard days suck
3. There is nothing wrong with us.
4. We’re going to be okay
   - Brené Brown

These words from Brené resonated with me a few weeks ago. I wrote them down and have them taped up on my dining room table/desk. Being able to whole-heartedly admit these truths has been a daily medicine that I very much needed.

For all of us – naming and speaking our feelings as Mr. Rogers taught us to do - is imperative for our mental wellness and growth. As we begin to enter a space where we exhale, we can collectively let go of the falsehood that we “have it all together.”

There have been days where I have been zoom-fatigued. There have been days where I have felt lonely. There have been days where my heart hurts for others. There have been days where I feel good. There have also been plenty of days where I have felt rejuvenated and reenergized by the ability to slow down and be.

Let us be good, patient, and graceful to one another. Belonging does not require a building – so let us belong to each other during this time.

As written by Morgan Harper Nichols:
1. Yes, it matters that you made it another day
2. Each breath is proof there is more ahead of you
3. You are learning to trust even though you’ve been afraid
4. You are faced with new unknowns and you are finding peace, anyway
5. In the mystery, there can still be peace.