

# A LITTLE LOVE NOTE FROM YOUR NEIGHBORHOOD THERAPIST

*"It's okay to slow down as things come to a close."*

June 2026

June marks the end of a long season of effort. For many students and staff, this month brings relief, reflection, and a wide range of emotions. Even when summer is welcome, endings can feel complicated.

This is a gentle check-in as the school year comes to a close.

## For the Staff

### **This Month's Emotional Climate:**

- Relief mixed with exhaustion
- Emotional processing of the year that just ended
- Letting go of routines that carried everyone through
- A desire to rest, reset, and breathe

June often brings a much needed emotional release after sustained effort.

### **What You Might Notice:**

- Lower energy or motivation
- Emotional sensitivity or tearfulness
- Difficulty staying focused through final tasks
- A sense of "just make it to the end"

### **Try This:**

- Allow space for closure and reflection
- Lower the bar where possible without losing structure
- Acknowledge the effort it took to get here

***This month, it's normal to feel worn down and ready for rest.***

Endings require energy, too.

## For the Students

### **What They're Likely Feeling:**

- Relief that the year is ending
- Mixed emotions about transitions or goodbyes
- Exhaustion after months of effort
- Uncertainty about what comes next

Even excitement can feel overwhelming when students are tired.

### **How It Shows Up:**

- Checking out or disengaging
- Emotional reactions that feel bigger than expected
- Difficulty following through at the very end
- Restlessness or impatience

### **How You Can Help:**

- Focus on finishing with steadiness
- Reinforce that their efforts mattered, even if it was hard year
- Offer reassurance around transitions and next steps
- Avoid interpreting low energy as lack of care

***June is a time of closure.***

Support helps students leave the year feeling grounded.

**Find  
More  
Support** 

If helpful, I share therapist-created tools and resources focused on emotional regulation, stress management, and decision-making skills for teens.

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