

Trying Times and Good Care

- Naming our experience
- Explore the far-reaching impacts
- Healing and moving forward

Racial Inequities

Economic Stress

Uncertainty

Deaths and Illness

Collective Trauma

Exposure

Extreme weather
events

Distrust and
violence

Isolation

Disproportionate Effect

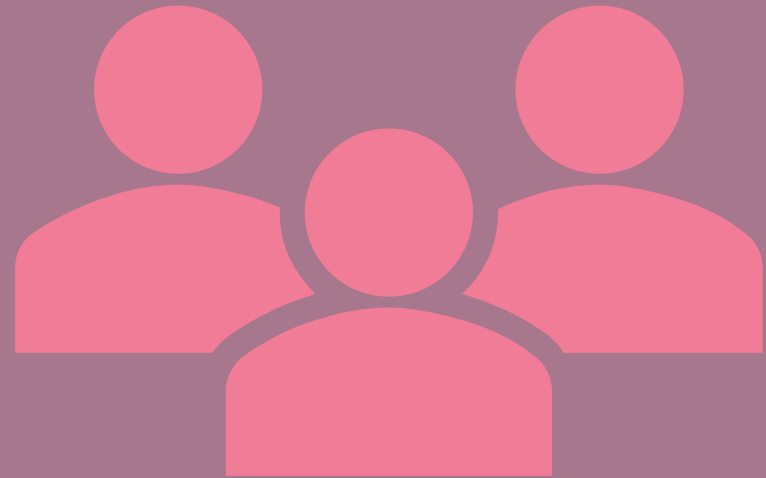
- Women
- BIPOC
- LGBTQ+
- Economically disadvantages
- Children and Adolescents
- Pre-existing mental health challenges

Social Media



Panel Members

How have these events interfered
with providing good care for
ourselves/others?



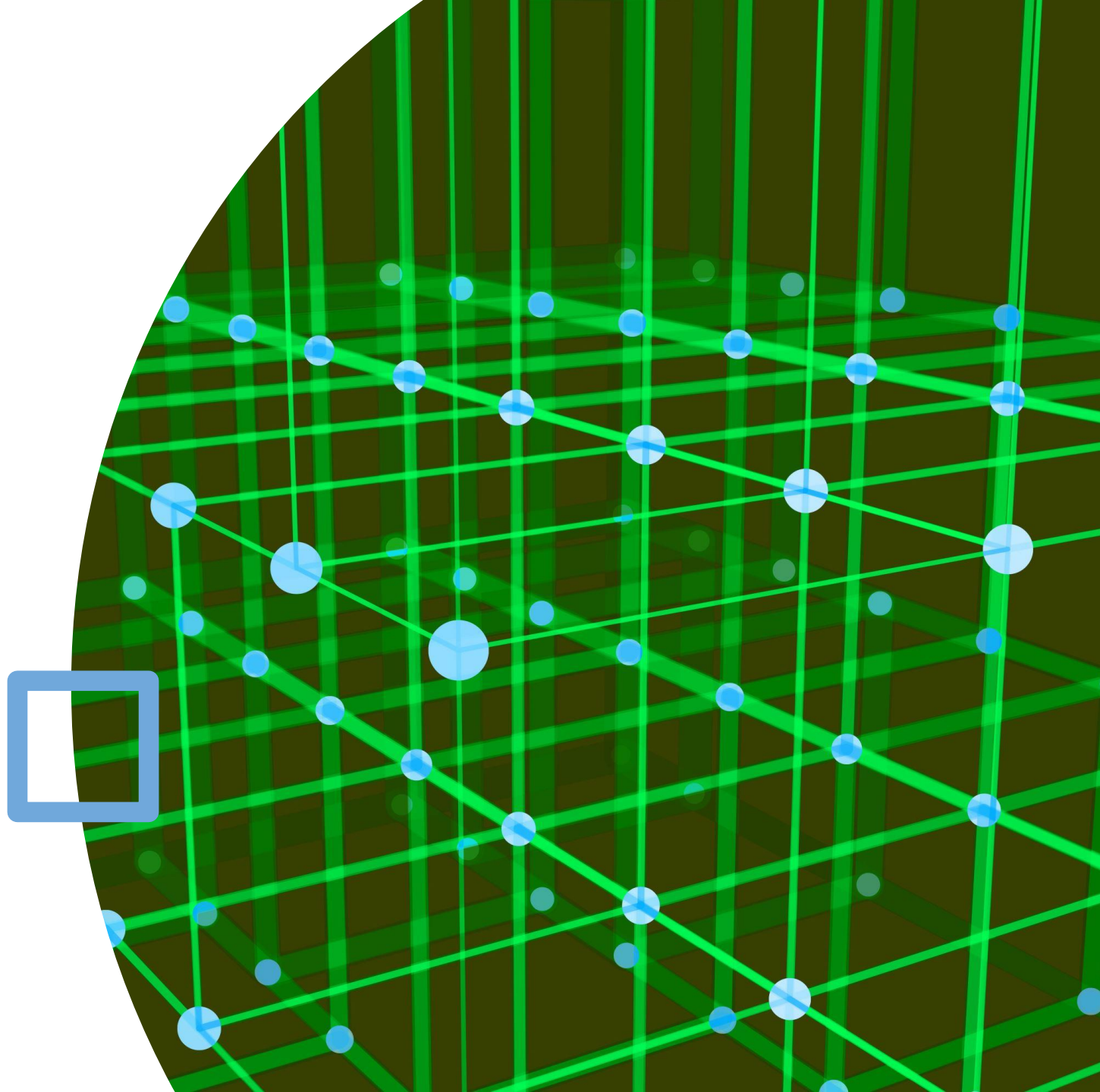


Poll

**What About
You?**



Connection



Healing and Moving Forward

- We cannot go backwards. We can not undo. So how do we move forward?
- Allow groups to redefine who they are and where they are going.
- Reach out for help - reduce the stigma of help-seeking
- Stop doom-scrolling - unplug and reconnect to our communities
- Look for the silver lining

Silver Linings

Areas of growth namely self-awareness, empathy, authenticity, stress management, and locus of control – accelerated during COVID.

Increased creativity and innovation - telehealth, restaurants

Resilient response to trauma:

- Increased bonding with family and community
- Redefined or increased sense of purpose
- Revised priorities
- Increased charitable giving and volunteerism
- Increased commitment to a personal mission

- Creating meaning out of collective trauma