

Surviving COVID 19
Presentation to National Behavioral Consortium
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Purpose and Mutual Understanding for
this Session

TIRED.



JUST TIRED.

Has it only been 15 Months?

Protests, Civil Unrest

Murder of George Floyd

OVID (Waves)

**Historically Divisive
Presidential Election**

Breach of US Capitol

Atlanta Shooting

Boulder Shooting

**Indianapolis Mass
Shooting**

Chauvin Trial

Fatigue

- **Decision Fatigue**

- The rush of a challenge faced, may be followed by dip
- Doom Scrolling

- **Zoom Fatigue**

- Takes a different energy
- Miss my “work family”

- **Compassion Fatigue**

- Effective helpers have empathy
- Reluctance to acknowledge our own stories

- **Cumulative Fatigue**

- All of the above

Grief

- **Tangible** – the loss of a family member, coworker, friend, or a customer
- **Intangible** – the loss of sense of safety, familiar work patterns, financial stress, connection to community, or “the way it was”
- Exacerbated by the absence/restriction of traditional gatherings, rituals, ceremonies that historically brought comfort and closure

Anticipatory Anxiety



Emotional reactions during re-integration may include:



Mixed emotions, including relief after isolation followed by “post-crisis ennui”



Ongoing Stress at new developments, contagion “spikes”, divided social discourse



Confusion – What is “normal”? What can or should I expect from professional, personal, and social interactions?



Guilt about not having been able to perform “normally” in work, family, or community spheres

Fatigue-Grief-Anxiety

- Do any of those resonate
 - With your customers
 - With your staff
 - With you

- Other reactions?

Questions

- What sustaining techniques have you used?
- What have you learned that you wouldn't have otherwise?
- How have you grown?