

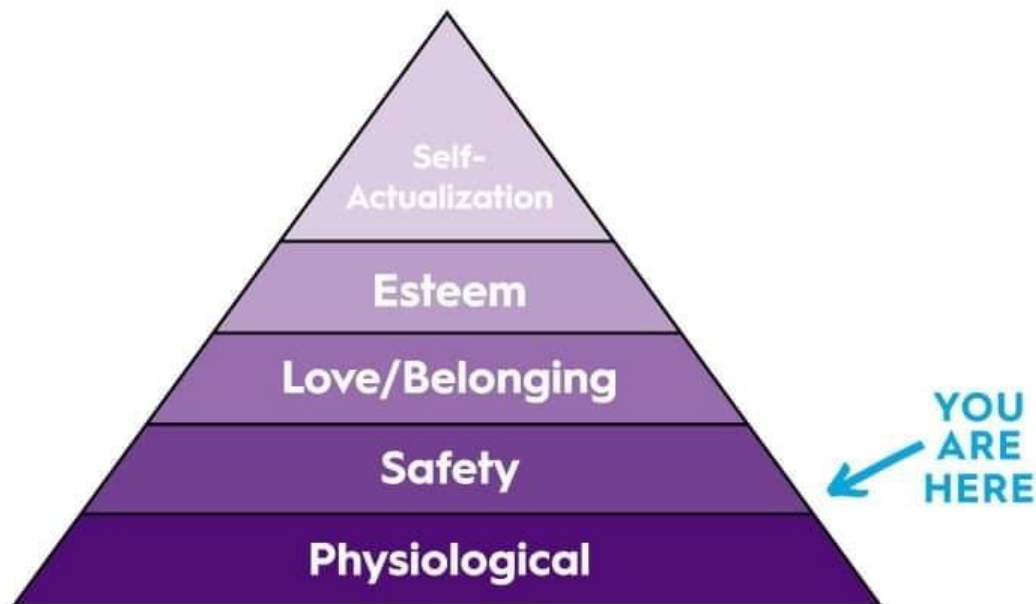
COVID 19 Trauma considerations:

Students, colleagues and friends:

- This is why it's been hard to focus.
- This is why it feels like it takes you twice as long to get things done.
- This is why you've been consumed with ensuring that you have the right "stuff" to sustain your physiological needs.
- This is why you've been more irritable.
- This is why you've been craving connection.
- This is why you've been feeling overwhelmed.
- This is why you've been physically exhausted.
- This is why you've been like "Oh wait, there's a paper due?"
- This is why the idea of planning for the future is the furthest thing from your mind right now.
- This is why you only have enough mental energy to focus on the immediate.
- This is why you've been instinctively prioritizing self care and family.
- This is why you've been grasping to control what you perceive to be controllable because so much is uncontrollable and unpredictable right now.

Students, colleagues and friends:

- This is normal.
- You are not a slacker.
- You are not "crazy" (Yeah, I know we hate that word).
- You should not compare yourself to others.
- You should not buy into the narrative that you must emerge a "better person".
- It's ok to not be as productive - we are experiencing trauma on a global scale.
- It's ok to "just be" and feel the way you feel about what's happening around you and/or to you.
- It's ok to seek help. COVID-19 is a crisis that threatens both our physical and psychological wellness.



Maslow's Hierarchy of Needs