

13:02:09  
>> ALL RIGHT, FOLKS, WE ARE GOING TO GET STARTED  
13:02:13 TODAY.  
WE MIGHT HAVE LATE COMERS JOIN US.  
13:02:17  
WE ARE GOING TO GET INTO  
13:02:19 BASIC HOUSE KEEPING.  
13:02:23  
THANK YOU FOR JOINING  
13:02:26 US.  
I AM  
13:02:29 THE ALLIANCE SERVICE ORGANIZATIONS ONE OF THE  
13:02:32 TWO PARTNERS ON THE CYAM, TAT  
13:02:35 TEAM AND MEN CAN STOP RAPE.  
IT IS TRAUMA  
13:02:43 TRAUMA, PANDEMICS, AND WELLNESS.  
THIS IS PART 2 ON TRAUMA AND LAST WEBINAR  
13:02:46 IN THE SPRING 2020 SERIES.  
ATTENDING TODAY'S  
13:02:50 WEBINAR WE HAVE MYSELF.  
13:02:53  
ANTONELLA AND TOEFER WILLIAMSON  
13:02:56 FROM ALSO.  
WE HAVE JEREMY HARDY AND WILLIAM  
13:03:00 HARRIS FROM MEN CAN STOP  
13:03:03 RAPE.  
>>  
13:03:06 HAIFSH.  
SORRY.  
I AM  
13:03:09 EATING.  
>> GLAD TO HAVE FOLKS FROM THE MIXER TEAM WITH US TODAY.  
A FEW  
13:03:12 MINOR HOUSE KEEPING ITEMS BEFORE WE GET  
13:03:15 STARTED.  
FOR TODAY'S WEBINAR WE ENCOURAGE  
13:03:19 INTERACTION AND QUESTIONS VIA THE CHAT BOX.  
THERE WILL BE  
13:03:22 TIMES WHEN QUENETTE AND LISA WILL ENCOURAGE  
13:03:25 YOU TO UN MUTE YOURSELF AND SHARE.  
WHEN YOU DO  
13:03:28 THAT YOU CAN SHARE VIA AUDIO.  
UNTIL THEN KEEP YOUR  
13:03:31 LINE MUTED SO OUR CAPTIONERS HAVE  
13:03:34 AN EASIER TIME TRANSCRIBING.  
WHEN YOU PARTICIPATE  
13:03:37 OR SHARE ON AUDIO IF YOU CAN MAKE SURE YOU ARE  
13:03:40 SPEAKING SLOWLY AND CLEARLY SO THEY CAN PICK UP YOUR  
13:03:43 WORDS.  
THAT ENGLISH CAPTIONING IS AVAILABLE TODAY BY CLICKING THE  
13:03:46 CC ICON AT THE BOTTOM OF YOUR ZOOM  
13:03:52 WINDOW.  
LASTLY, WE WILL BE RECORDING TODAY'S  
13:03:55 WEBINAR.  
THE WEBINAR RECORDING AND SLIDES WILL BE AVAILABLE AND SHARED  
13:03:59 VIA E-MAIL TO ALL PARTICIPANTS AS WELL AS ON OUR  
13:04:02 CYEM PORTAL AVAILABLE AT  
13:04:06 CYEM  
13:04:10 GRANTEES.ALSO-CHICAGO.ORG.

BEFORE I PASS IT  
13:04:13 OFF TO LISA AND QUENETTE CLICK  
13:04:16 IN THE UPPER RIGHT ZOOM WINDOW  
13:04:19 IT MAKES SURE IT TOGGLES BACK AND FORTH SO  
13:04:23 YOU CAN FOCUS ON THE  
13:04:26 PRESENTATION.  
>> THANK YOU FOR THE  
13:04:30 INTRODUCTION.  
MY NAME IS QUENETTE WALTON.  
13:04:33  
I AM CONSULTANT WITH  
13:04:37 CYEM.  
I AM BEEN  
13:04:40 WITH ALSO SINCE 2015.  
I DO A LOT OF  
13:04:43 TRAINING AND TECHNICAL SUPPORT AND ASSISTANCE  
13:04:46 FOR ORGANIZATIONS PRIMARILY WITH THE  
13:04:51 UNDERSERVED GRANT.  
I LOOK AT THE INTERSECTION OF  
13:04:55 VIOLENCE AND MENTAL HEALTH, PARTICULARLY FOR  
13:04:58 BLACK WOMEN BUT THROUGH THIS GRANT HAVE BEEN ABLE TO DO IT FOR A LOT  
13:05:01 OF UNDERSERVED POPULATIONS BECAUSE THERE'S A LOT OF OVERLAP WITH  
13:05:07 THE UNDERSERVED WORK THAT I  
13:05:10 DO.  
THIS IS I THINK  
13:05:14 WE DID THIS LAST YEAR BUT NOT ON THE WELLNESS PIECE  
13:05:18 IT IS FASCINATING TO LOOK AT WHAT WE ARE EXPERIENCING  
13:05:21 THROUGH THE COUNTRY AROUND PANDEMICS AND VIOLENCE WITH A  
13:05:24 LAYER OF WELLNESS WE CAN THINK ABOUT HOW DO WE GET THROUGH  
13:05:28 THIS AND HOW CAN WE HEAL FROM IT.  
I AM LOOKING FORWARD  
13:05:31 TO THE DISCUSSION WE WILL HAVE AND HOW WE CAN DO SOMETHING DIFFERENTLY  
MOVING  
13:05:34 FORWARD.  
THANK YOU  
13:05:37 FOR HAVING ME.  
13:05:41  
LISA?  
>> THANK YOU QUENETTE.  
MY NAME IS LISA GILMORE MY  
13:05:45 PRONOUNS ARE SHE AND THEY.  
I ALSO WORK AS  
13:06:05 A CONSULTANT WITH THE ALLIANCE  
13:06:05 OF LOCAL SERVICES ORGANIZATION IN A COUPLE DIFFERENT  
13:06:05 WAYS.  
PRIMARILY IN A CONSULTING  
13:06:05 CAPACITY ON THE OUTREACH AND SERVICES TO UNDERSERVED  
13:06:05 POPULATIONS GRANT.  
13:06:06  
I HAVE, SINCE ABOUT  
13:06:10 2004 BEEN DOING ANTI VIOLENCE WORK AND VIOLENCE  
13:06:13 RESPONSE WORK SPECIFICALLY TO  
13:06:16 LGBTQ COMMUNITIES IN DIRECT  
13:06:19 SERVICES CAPACITIES I AM A LICENSED PROFESSIONAL  
13:06:22 CLINICAL COUNSELOR.  
ALSO IN A LOT OF TRAINING  
13:06:25 AND TECHNICAL  
13:06:28 ASSISTANCE AND AS WELL AS SOME  
13:06:31 BROADER POLICY ADVOCACY AND

13:06:34 ATTEMPTS AT COMMUNITY ENGAGEMENT  
13:06:37 AROUND SYSTEMS LEVEL CHANGE.  
I AM  
13:06:40 HAPPY TO BE BACK HERE WITH YOU ALL,  
13:06:43 AND HAVE THE HONOR OF WORKING AGAIN WITH  
13:06:46 MY DEAR FRIEND  
13:06:50 QUENETTE.  
I THINK THIS IS GOING TO BE  
13:06:53 -- I GUESS I SHOULDN'T SAY THIS IS GOING TO BE A TIMELY  
13:06:57 TOPIC FOR TODAY, BECAUSE HONESTLY WE CRAFTED  
13:07:00 IT SPECIFICALLY AROUND THIS TIME  
13:07:03 AND PLACE RATE NOW THAT WE ARE ALL DEALING  
13:07:06 WITH IN RELATION TO COMMUNITIES PARTICULARLY COMMUNITIES  
13:07:09 UNDERSERVED OR UNSERVED.  
THANK YOU  
13:07:12 FOR JOINING US TODAY.  
I AM LOOKING FORWARD TO  
13:07:17 OUR CONVERSATIONS.  
>> SO, I WILL  
13:07:20 BEGIN TO SHARE MY SCREEN PARTICULARLY AS IT RELATES TO  
13:07:23 OUR SLIDES THAT WE WILL USE  
13:07:27 TO GUIDE OUR  
13:07:31 DISCUSSION.  
HOPEFULLY IT WORKS.  
THERE WE  
13:07:34 GO.  
THE TITLE FOR OUR  
13:07:37 PRESENTATION TODAY IS TRAUMA, PANDEMICS, AND WELLNESS.  
FOR OUR  
13:07:40 TIME TOGETHER WE WILL GO OVER WHAT OUR OBJECTIVES ARE,  
13:07:44 PROVIDE AN OVER VIEW OF WHAT TRAUMA IS AND  
13:07:47 WHAT PANDEMICS ARE.  
13:07:50  
WE TALKED ABOUT TRAUMA  
13:07:53 DURING OUR LAST WEBINAR.  
WE WANT TO CONTINUE WITH THE  
13:07:57 CONTEXT SO WE CAN ALL BE ON THE SAME PAGE.  
WE WILL TALK ABOUT  
13:08:00 WELLNESS AND WELLNESS STRATEGIES.  
WE  
13:08:03 WILL HAVE DISCUSSION QUESTIONS AS WELL AS LARGER GROUP DISCUSSIONS AND  
TAKE  
13:08:09 REFLECTIONS FROM YOU ALL ABOUT ANYTHING THAT MAY BE PERCOLATING FROM YOU  
13:08:13 FROM OUR PRESENTATION.  
WE RECOGNIZE WE ARE TOGETHER FOR AN HOUR AND A  
13:08:17 HALF.  
WHAT WE ARE SHARING WE ARE ONLY SCRATCHING THE SURFACE  
13:08:20 BUT CAN PROVIDE RESOURCES AFTERWARDS TO SUPPORT ANY ADDITIONAL  
13:08:23 KNOWLEDGE OR QUESTIONS  
13:08:26 YOU MAY HAVE.  
LET ME PUT THAT UP FRONT.  
OUR LEARNING  
13:08:29 OBJECTIVES FOR TODAY IS TO DESCRIBE TRAUMA AND  
13:08:33 PANDEMICS, IDENTIFY AND DESCRIBE VARIOUS  
13:08:38 PANDEMICS, DELINEATE TRAUMA AND PANDEMIC EXPERIENCE WHICH IS  
13:08:42 UNIQUE SINCE WE ARE TRYING TO MAKE SENSE OF WHAT THIS  
13:08:45 LOOKS LIKE IN OUR CURRENT TIME.  
IT  
13:08:48 WILL BE RICH AND SOLIDIFY THE STRUGGLES

13:08:51 AND SUCCESSES WE ARE HAVING SO WE WILL TALK  
13:08:55 THROUGH THOSE.  
WE WILL LOOK AT IDEAS  
13:08:58 RELATED TO WELLNESS AND WHAT THAT  
13:09:01 MEANS AND LOOKS LIKE.  
HOPEFULLY PUSH YOU  
13:09:04 TO MAKE SURE YOU ARE PRACTICING SOME SENSE  
13:09:07 OF WELLNESS SO WE WILL UNPACK THAT AS WELL THROUGH YOUR  
13:09:10 UNDERSTANDING OF WELLNESS.  
SO WHEN  
13:09:14 WE TALK ABOUT TRAUMA AND HOW WE DEFINE IT WE ARE  
13:09:17 PULLING FROM TWO  
13:09:20 AREAS, SAMHSA AS WELL AS THE AMERICAN PSYCHOLOGICAL  
13:09:24 ASSOCIATION.  
WHAT SAMHSA DESCRIBED TRAUMA AS IS INDIVIDUAL  
13:09:28 TRAUMA RESULTS FROM AN EVENT, SERIES OF EVENTS OR  
13:09:31 SET OF CIRCUMSTANCES THAT IS  
13:09:34 EXPERIENCED BY AN INDIVIDUAL OR EVEN  
13:09:37 COMMUNITIES OR AGENCIES.  
THEY ARE EMOTIONALLY HARMFUL  
13:09:41 FOR THREATENING THAT HAS LASTING ADVERSE  
13:09:44 EFFECTS ON YOUR ABILITY TO FUNCTION SOCIALLY,  
13:09:47 MENTALLY, SPIRITUALLY.  
WE CAN THINK  
13:09:50 OF THE WAYS IN WHICH THAT IMPACTS OUR  
13:09:53 WELL-BEING.  
THE AMERICAN  
13:09:56 PSYCHOLOGICAL ASSOCIATION SAID TRAUMA IS AN EMOTIONAL  
13:09:59 RESPONSE TO A TERRIBLE EVENT LIKE AN ACCIDENT, RAPE OR  
13:10:02 NATURAL DISASTER.  
I ALSO PUSH IT  
13:10:05 TO BE IN TERMS OF THE HISTORICAL EVENTS THAT MAY HAVE IMPACTED  
13:10:08 THE WAYS IN WHICH DIFFERENT COMMUNITIES HAVE BEEN  
13:10:13 LIVING IN AMERICA.  
I KNOW RACISM IS ANOTHER  
13:10:16 FORM OF TRAUMA THAT  
13:10:20 HAS A LOT OF  
13:10:22 SUPPORT AND WHAT THAT DOES TO AFRICAN AMERICANS,  
13:10:25 NATIVE AMERICANS THOSE THAT  
13:10:29 SURVIVED THE  
13:10:33 HOLOCAUST.  
WHAT THEY HAVE FOR THEIR PHYSICAL AND MENTAL HEALTH.  
13:10:37  
I WANT TO AS WE MAKE THAT LINK BETWEEN TRAUMA AND  
13:10:40 PANDEMIC I WANT TO SOLIDIFY THE  
13:10:43 IMPACT A TRAUMA HAS  
13:10:47 FOR US IN SOME WAYS IN TERMS OF HOW IT  
13:10:50 VIOLATES THE FAMILIAR IDEAS AND EXPECTATIONS OF THE  
13:10:53 WORLD OF AN INDIVIDUAL AND SOCIETY PLUNGING US, PLUNGING  
13:10:56 US INTO A STATE OF  
13:10:59 EXTREME CONFUSION OR UNCERTAINTY.  
TRAUMATIC  
13:11:03 EVENTS CAN IMPAIR OUR ABILITY TO  
13:11:06 GRASP OR TO COPE WITH WHAT IS HAPPENING  
13:11:10 WHICH CAN LEAD TO A SLEW OF CHALLENGES SUCH  
13:11:14 AS SADNESS, GRIEF, PANIC, PAIN,  
13:11:17 SOBRIETY AND DEPRESSION.  
WE CAN GO ON AND  
13:11:20 ON.

TRAUMATIC EVENTS ARE

13:11:25 EXTRAORDINARY NOT BECAUSE THEY ARE

13:11:28 [INDISCERNIBLE] BUT RATHER BECAUSE THEY

13:11:31 OVERWHELM THE NORMAL ADAPTATIONS OF LIFE.

WHAT WE WILL

13:11:34 EXPERIENCE WE WILL TALK ABOUT IN TERMS OF OUR PANDEMIC IS

13:11:37 HOW WE ARE RESPONDING NOT ONLY EMOTIONAL,

13:11:40 PHYSICAL, INTERSECTIONAL, INTERGENERATIONAL.

13:11:44

WE ARE SEEING IT ALL COME UP IN THE

13:11:47 DIFFERENT PANDEMICS WE ARE EXPERIENCING.

OR

13:11:50 IF YOU TALK ABOUT THE CORONA

13:11:53 VIRUS AS A PANDEMIC AND THE CIVIL UNREST WE ARE

13:11:57 EXPERIENCING, THE CIVIL RIGHTS MOVEMENT.

THOSE WERE

13:12:00 SPARKED BY EXPERIENCES OF TRAUMA.

SOME OF OUR

13:12:04 SYMPTOMS MAY BE ANGER, PERSISTENT FEELINGS OF

13:12:07 SADNESS, NIGHTMARES,

13:12:10 UNPREDICTABLE EMOTIONS.

ISOLATION IS A VERY BIG PIECE

13:12:15 THAT HAS BEEN TALKED ABOUT AND BEGIN TO GO RISE

13:12:18 TO THE SURFACE OF HOW IT IS IMPACTING OUR

13:12:21 MENTAL HEALTH PARTICULARLY AS IT RELATES TO

13:12:24 COVID-19.

OTHER SYMPTOMS I WON'T READ BUT

13:12:27 THIS IS NOT EXHAUSTIVE.

WE ALL RESPOND IN DIFFERENT

13:12:30 WAYS.

IT MAY BE BECAUSE WE AREN'T

13:12:34 TAKING OUR MEDICATIONS REGULARLY BECAUSE WE DON'T WANT

13:12:37 TO GO OUT OF THE HOUSE DURING THE PANDEMIC.

IT IS

13:12:40 HOW WE RESPOND TO THE BEHAVIORS,

13:12:43 THE DIFFERENT RESPONSES WE HAVE TO THE PANDEMIC THAT

13:12:46 WE ARE ALL LIVING WITHIN.

SO WHAT IS

13:12:51 A PANDEMIC?

>> THAT'S A GREAT

13:12:54 QUESTION, QUENETTE.

WHAT IS

13:12:57 A PANDEMIC.

13:13:00

A PANDEMIC IS, AS IT SAYS

13:13:03 ON HERE IT IS A DISEASE OUTBREAK THAT SPREADS ACROSS

13:13:07 COUNTRIES AND CONTINENTS.

IT IS GLOBAL IN NATURE.

IT AFFECTS

13:13:10 MORE PEOPLE, TAKES MORE LIVES THAN AN EPIDEMIC.

13:13:13

WHAT IS THE DIFFERENCE?

AN EPIDEMIC IS

13:13:17 SIMILAR TO A PANDEMIC IN

13:13:20 THAT SOMETHING IS MORE CONTAGIOUS AND SPREADS MORE FAR THAN

13:13:23 WHAT IS ANTICIPATED.

13:13:27

GENERALLY SPEAKING

13:13:32 USUALLY THAT SPEAKS TO HOW VIRULENT HOW

13:13:35 STRONG THE CONTAGION IS WHETHER IT IS A VIRUS OR  
13:13:38 BACTERIA OR SOME OTHER  
13:13:41 FORM.  
BUT THE REAL DIFFERENCE BETWEEN A PANDEMIC  
13:13:44 AND AN EPIDEMIC IS THAT THE  
13:13:48 EPIDEMIC MIGHT SPREAD QUICKLY AND SPREAD AND IMPACT LARGE GROUPS OF  
13:13:51 PEOPLE.  
BUT IT DOES NOT  
13:13:54 HAVE A GLOBAL REACH THAT A PANDEMIC  
13:13:58 DOES.  
SO TO PUT INTO CONTEXT WHERE WE ARE  
13:14:01 AT WITH THE  
13:14:04 PANDEMIC,  
13:14:07 THERE'S THIS GREAT INFORMATION ABOUT  
13:14:10 PANDEMICS VERSES EPIDEMIC IN TIME.  
THE  
13:14:15 PLAGUE OF JUSTINIAN THAT WAS CAUSED  
13:14:18 BY A BACTERIA.  
THAT COMPLETELY DECIMATED THE  
13:14:22 ROMAN EMPIRE AT THAT  
13:14:25 TIME.  
THE BLACK DEATH WAS THE  
13:14:28 SAME AS THE PLAGUE, SO THE PLAGUE OF  
13:14:32 JUSTINIAN.  
IT ENDED UP KILLING BETWEEN 75 AND  
13:14:35 100 MILLION PEOPLE ACROSS EUROPE, ASIA AND NORTH AFRICA.  
AS  
13:14:40 WE LOOK AT THE DIFFERENT PANDEMIC WE CAN SEE WHAT THE ROLES OF  
13:14:43 BEING CONNECTED ACTUALLY HAVE.  
THAT'S  
13:14:47 ONE OF THE WAYS PANDEMICS HAVE SUCH A HUGE  
13:14:50 IMPACT IN TERMS OF TRAUMA.  
NOT ONLY  
13:14:54 IS THERE A FEAR OF ILLNESS, FEAR OF DEATH  
13:14:57 AND IMPACTS OF THE LOSSES THAT WE ALL  
13:15:04 EXPERIENCE LOSING PEOPLE WE CARE ABOUT BUT  
13:15:07 ADDITIONALLY WE ALSO HAVE --  
SOMEBODY HAS  
13:15:10 THEIR LINE OPEN PERHAPS.  
CAN YOU MAKE SURE IF YOU ARE NOT  
13:15:13 SPEAKING TO MUTE YOUR LINE.  
THAT WOULD BE HELPFUL.  
THANK  
13:15:16 YOU.  
SOMETHING ELSE THAT IS  
13:15:19 IMPORTANT TO NOTICE ABOUT THE PANDEMIC IS NOT ONLY DO  
13:15:22 WE HAVE THE TRAUMA RELATED TO THE FEAR OF GETTING SICK, THE  
13:15:25 LOSSES AND FEAR OF  
13:15:28 LOSSES, WE ALSO HAVE WHAT WE ARE CURRENTLY  
13:15:32 EXPERIENCING RIGHT NOW IS THAT WHAT HAS BEEN RECOMMENDED TO US IN ORDER  
TO  
13:15:37 DECREASE THE IMPACT OF THE PANDEMIC IS THAT WE STAY  
13:15:42 AWAY FROM EACH OTHER.  
WHAT WE KNOW ABOUT  
13:15:46 TRAUMA AND TYPICALLY TRAUMA AWAITS YOU HELP REDUCE THE  
13:15:49 SYMPTOMS OF TRAUMA IS THROUGH RELATIONSHIPS AND THROUGH  
13:15:52 CONNECTION.  
WE ARE IN A  
13:15:55 TIME OF INTENTIONALLY STAYING AWAY FROM EACH OTHER

13:15:58 AND NOT BEING CONNECTED IN A LOT OF WAYS FOR HEALTH  
13:16:01 REASONS, BUT THAT IS HARMFUL FOR OTHER HEALTH  
13:16:05 REASONS BECAUSE OF HOW THAT ISOLATION AND THAT DISTANCING  
13:16:08 FROM EACH OTHER  
13:16:11 NEGATIVELY IMPACTS TRAUMA AND HOW WE EXPERIENCE  
13:16:14 TRAUMA AND HOW THOSE SYMPTOMS SHOW UP.  
SO LET'S  
13:16:17 SEE WHAT ELSE DO I WANT TO POINT OUT  
13:16:21 ON THIS SLIDE HERE.  
13:16:25  
YEAH, IT IS JUST -- IT IS JUST IMPORTANT TO JUST  
13:16:28 TAKE A THOUGHT ABOUT HOW IS IT THAT THESE  
13:16:32 PANDEMICS AND EPIDEMICS IMPACT US IN TERMS OF HOW WE HANDLE  
13:16:36 TRAUMA.  
IT IS NOT LIKE THEY ARE HAPPENING ON THEIR  
13:16:39 OWN.  
WE ARE ALREADY DEALING WITH TRAUMAS THAT ARE ALREADY THERE  
13:16:42 AND NEW TRAUMA THAT IS POP UP WHILE IN THE MIDDLE  
13:16:46 OF THE PANDEMIC.  
IT IS IMPORTANT TO KEEP THAT IN MIND.  
>>  
13:16:49 QUENETTE WHAT DO YOU HAVE?  
>> LET ME ADD  
13:16:53 ALSO THE TIME.  
PANDEMICS ARE  
13:16:57 TEMPORAL.  
THEY HAVE UNCERTAINTY AT THIS CONNECTED TO THEM ESPECIALLY  
13:17:00 WHEN THEY ARE STARTING OUT TRYING TO MAKE SENSE OF WHAT  
13:17:03 APPROACH, WHAT IS THE BEST TREATMENT, WHAT IS THE BEST WAY  
13:17:06 TO SAVE LIVES, RIGHT?  
I THINK THAT'S  
13:17:10 ALSO CRITICAL IN COMPARISON TO EPIDEMICS WHERE THERE WAS  
13:17:14 SWIFT RESPONSES TO PEOPLE TO  
13:17:17 ISOLATE.  
UNLIKE PANDEMICS, THEY TAKE TIME TO  
13:17:22 BE ABLE TO RESPOND TO.  
THAT  
13:17:24 IS A CRITICAL PIECE TO ACKNOWLEDGE AS WELL.  
>> ABSOLUTELY.  
13:17:27  
THERE'S TONS OF CONVERSATIONS GOING ON NOW LIKELY AT  
13:17:30 YOUR ORGANIZATIONS ABOUT WHAT DO WE DO?  
HOW DO  
13:17:34 WE MAKE DECISIONS WHEN THERE'S SO MUCH UNKNOWN  
13:17:37 FOR WHAT MIGHT BE AN UNIDENTIFIED AMOUNT OF TIME AS OF  
13:17:40 YET.  
SO THAT'S SOMETHING THAT WE ARE GOING TO WANT  
13:17:44 YOU TO GET INTO, A LITTLE BIT OF THAT  
13:17:47 LATER ON IN THE  
13:17:50  
13:17:54 DISCUSSION.  
>> THANK YOU QUENETTE.  
SPEAKING OF DISCUSSION,  
13:17:58 SPEAKING OF SPEAKING  
13:18:01 -- [LAUGHTER]  
13:18:06 .  
WHAT WE WANT TO DO NOW IS WE HAVE THESE DISCUSSION  
13:18:09 QUESTIONS SET UP FOR YOU.  
WE HAVE A COUPLE

13:18:12 DISCUSSION QUESTIONS READY FOR YOU.  
13:18:16  
I BELIEVE IT IS LEVI  
13:18:19 OR TOPHER, I CAN'T RECALL, ONE  
13:18:22 OF THOSE FINE PEOPLE IS GOING TO HELP GET YOU ALL INTO  
13:18:25 BREAKOUT GROUPS.  
WHEN YOU ARE IN YOUR  
13:18:30 BREAKOUT GROUPS, YOU ARE  
13:18:33 GOING TO BE IN THERE MOST LIKELY IN GROUPS  
13:18:36 OF 4 IS THE GOAL TODAY.  
THESE ARE THE TWO QUESTIONS WE  
13:18:39 WANT YOU TO TALK ABOUT IN YOUR BREAKOUT  
13:18:42 GROUPS.  
HOW HAS THE  
13:18:45 COVID-19 OR CORONA VIRUS  
13:18:48 PANDEMIC IMPACTED YOU AND WHAT ARE SOME DIFFERENCES  
13:18:51 BETWEEN HOW YOU FUNCTIONED BEFORE  
13:18:56 COVID-19 OR CORONAVIRUS AND NOW.  
13:18:59  
WHAT WE WOULD LIKE FOR YOU TO DO EACH OF YOU IN YOUR ROOM TAKE  
13:19:02 ABOUT TWO MINUTES TO TRY TO PUT  
13:19:06 THIS INTO WORDS.  
HOW HAVE YOU BEEN  
13:19:12 IMPACTED BY THE CORONAVIRUS PANDEMIC AND SOME OF THE DIFFERENCES BETWEEN  
13:19:17 HOW YOU FUNCTIONED BEFORE  
13:19:20 CORONAVIRUS AND NOW.  
LEVI,  
13:19:23 I THINK WE ARE  
13:19:27 READY.  
YOU ARE ABOUT TO RECEIVE  
13:19:31 NOTIFICATIONS ON YOUR SCREEN.  
ACCEPT THE INVITE  
13:19:34 ON THE ROOM.  
I WILL STREAM THE QUESTIONS SO YOU CAN SEE THEM IN  
13:19:37 YOUR BREAKOUT  
13:19:40 ROOMS.  
YOU WILL GET THE INDICATION  
13:19:43 WHEN YOU HAVE ONE MINUTE LEFT IN THE  
13:19:47 ROOMS.  
THANK YOU FOR YOUR DISCUSSIONS.  
>> THANK YOU, LEVI.

13:31:46  
>> JUST KIDDING.  
I WAS MUTED.  
SORRY.  
13:31:51  
MY MOUTH IS MOVING.  
13:31:55  
SORRY.  
TO OPEN UP THE ZOOM SPACE  
13:31:58 TO HAVE A LARGER DISCUSS ABOUT THE QUESTIONS  
13:32:02 WE HAVE ASKED AS FAR AS HOW HAS COVID-19 IMPACTED YOU AND  
13:32:05 WHAT ARE DIFFERENCES BETWEEN HOW YOU FUNCTION NOW  
13:32:08 IN COMPARISON TO HOW YOU  
13:32:12 FUNCTIONED BEFORE  
13:32:17 COVID-19.  
13:32:20  
WHAT WERE SOME OF THE KEY THINGS THAT THE GROUP DISCUSSED?



13:32:24  
>> I WILL GO AHEAD AND GO.  
OUR  
13:32:28 GROUP DISCUSSED HOW IT IS AFFECTING OUR OWN  
13:32:31 FAMILIES, ESPECIALLY THOSE  
13:32:36 WITH KIDS, YOUNG AND OLD.  
HOW IT  
13:32:39 HAS AFFECTED THEIR SOCIAL SKILLS.  
HOW IT IS  
13:32:42 DIFFICULT FOR US TO MANAGE  
13:32:45 BEING A PARENT AS WELL AS BEING A  
13:32:48 PROFESSIONAL.  
SO THAT BALANCE IN  
13:32:51 LIFE HAS REALLY BEEN  
13:32:54 QUESTIONED FOR SURE.  
>> UH-HUH.  
13:32:57  
UH-HUH.  
I CAN  
13:33:01 RELATE TO THAT ANGELA IN MANY WAYS.  
I WAS SHARING WITH THE GROUP  
13:33:04 THAT I WAS IN THAT I HAVE A 2-YEAR-OLD.  
SHE WILL BE 2  
13:33:07 ON SUNDAY.  
WHEN I AM  
13:33:10 NOT -- I AM NOT SENDING HER BACK  
13:33:13 TO DAYCARE AND JEOPARDIZING HER SAFETY AND BALANCING THAT  
13:33:17 AND WORKING FROM HOME.  
I  
13:33:20 COMPLETELY UNDERSTAND THAT.  
AND THE  
13:33:23 HEAVINESS THAT COMES ALONG WITH THAT AND THE  
13:33:26 GUILT KIDS MAY BE SPENDING TIME IN FRONT OF THE TV  
13:33:29 OR IN FRONT OF THEIR VIDEO GAMES  
13:33:33 AND IN FRONT OF WHATEVER TYPE OF DEVICE  
13:33:36 THAT THEY HAVE WHEN NORMALLY YOU WOULD CUT THAT  
13:33:39 DOWN.  
>> I TALKED ABOUT MY OWN DAUGHTER  
13:33:42 WHO WILL BE 17 ON  
13:33:45 FRIDAY, AND SHE JUST GOT HER  
13:33:49 DRIVER'S LICENSE RIGHT BEFORE EVERYTHING HAPPENED.  
SHE IS NOT  
13:33:52 SUPER HAPPY WITH ME RESTRICTING THAT DRIVING  
13:33:56 TO PLACES, BUT, YEAH, OWE SHE HAS BEEN  
13:33:59 AFFECTED.  
SPORTS ARE GONE FOR  
13:34:02 HER.  
BUT YOU  
13:34:05 KNOW, THERE'S ALSO THINGS THAT WE ARE TRYING  
13:34:08 TO WORK INTO OUR FAMILY JUST DIFFERENTLY,  
13:34:12 COLORING SESSIONS AND  
13:34:15 DINNER WITH EACH  
13:34:18 OTHER.  
THERE CAN BE SOME GOOD THAT COMES  
13:34:21 OUT OF IT.  
>> WHAT ARE  
13:34:24 OTHER PEOPLE'S THOUGHTS?

13:34:31  
>> I CAN GO.  
LOWELL  
13:34:34 MASSACHUSETTS ENGAGING MEN AND BOYS PROJECT  
13:34:37 DIRECTOR.  
FOR US, WE HAVE ALREADY RECOGNIZED THAT WE  
13:34:40 ARE WORKING WITH A TRAUMATIZED COMMUNITY  
13:34:43 ESPECIALLY A LOT OF THE MEN THAT I WORK WITH AT THE  
13:34:48 BARBERSHOP THEY WERE THERE FOR THE EPIDEMIC  
13:34:51 IN THE 80s AND 90s.  
13:34:55  
TOXIC MASS CUE LENITY BECAME A NECESSITY DURING  
13:34:58 THAT TIME PERIOD IN THAT COMMUNITY IN A LOT OF DIFFERENT  
13:35:01 WAYS AND HOW WE NEED TO BREAK OUT OF THAT.  
THAT'S  
13:35:04 HOW WE STARTED OUR CONVERSATION.  
AS  
13:35:07 COVID-19 CAME IT BECAME A CHALLENGE FOR THEM TO HAVE CONVERSATIONS  
13:35:10 AND THEY WENT BACK TO REVERTING TO THEIR OLD  
13:35:14 WAYS.  
YOU GO BACK TO BEING THE PROTECTOR.  
I  
13:35:17 NEED TO PROVIDE.  
HOW DO I PROVIDE?  
ALL  
13:35:20 OF THESE THINGS THAT ARE BEING PERPETUATED.  
IT WAS  
13:35:23 A STRUGGLE BECAUSE WE HAD TO TRY TO REAL THEM BACK  
13:35:26 AND IT WAS A GREAT PRACTICE.  
13:35:29  
WE COULDN'T DO A WHOLE LOT BECAUSE THEIR  
13:35:33 SAVVINESS ON TECHNOLOGY AND HAVING TECHNOLOGY  
13:35:36 WASN'T THERE FOR THEM.  
THAT IS ONE WAY IT HAS  
13:35:41 IMPACTED OUR COMMUNITY.  
AT THE SAME TIME I WILL  
13:35:44 SAY A LOT OF THE PARTICIPANTS OF THE  
13:35:47 PROTEST BECAUSE OF WHAT THEY HAVE LEARNED  
13:35:50 THEY REALIZE PEOPLE LIKE TUPAC  
13:35:54 SHAKUR, MALCOLM X, JOHN F. KENNEDY, THEY WERE  
13:35:57 MURDERED BECAUSE THEY SPOKE UP.  
WHEN YOU THINK ABOUT THE BLACK  
13:36:00 PANTHER MOVEMENT, THERE'S A LOT OF  
13:36:04 STORIES WE HAVE HEARD.  
LIKE THE ONE IN CHICAGO WHERE THE  
13:36:07 YOUNG MAN WAS KILLED WHILE HE WAS IN  
13:36:10 HIS BED.  
BOBBY HUNT TON  
13:36:13 -- NOT BOBBY.  
HIS NAME ESCAPES ME RIGHT NOW.  
YOU  
13:36:16 GET THE POINT.  
THAT KNOWLEDGE BECAME LIKE WE RISK  
13:36:19 OUR LIVES EVERY SINGLE DAY IN THIS  
13:36:23 COMMUNITY ANYWAYS SO WE HAVE A CAUSE.  
THERE  
13:36:26 HAS BEEN A LOT OF THAT THAT'S HAPPENED SO TRYING TO DO  
13:36:29 IT IN A POSITIVE WAY.  
>>

13:36:32 ABSOLUTELY.

13:36:36

ABSOLUTELY.

>> WE NOTICED IN THE CHAT BOX THAT FOLKS

13:36:40 HAVE TALKED ABOUT ASHLEY

13:36:43 BEING ABLE TO TURN OFF WORK IT IS MORE DIFFICULT THAN

13:36:47 WORKING FROM HOME.

YOU CAN WORK AT

13:36:51 ALL DIFFERENT HOURS AND NOT HAVE A STOPPING TIME.

YOU MAY

13:36:53 OFFER YOURSELF FLEXIBILITY TO MAYBE ONLY

13:36:56 WORK AT NIGHT AND YOU ARE LIKE IT'S 5:00

13:36:59 IN THE MORNING AND I STILL HAVEN'T SWEPT.

13:37:03

MAYBE LEARNING HOW TO MANAGE THAT.

13:37:06

TRIGGERING EVENTS THAT CONSTANTLY WE ARE

13:37:10 REMINDED OF EVERY TIME WE TURN ON THE NEWS

13:37:13 WHETHER IT IS OUR OWN CITY NEWS, OR

13:37:16 CNN OR MSNBC OR FOX NEWS

13:37:21 EVERY WAY IT CAN IMPACT US IN DIFFERENT WAYS.

13:37:24

AMANDA I COMPLETELY UNDERSTAND ABOUT YOUR

13:37:28 CHILD SPENDING TIME ON DISNEY PLUS.

THAT,

13:37:32 HULU, NETFLIX EVERYTHING WE CAN THINK

13:37:35 OF, PRIME, WHERE KIDS TEND TO CONNECT WITH THAT

13:37:38 A LOT MORE EVEN THOUGH YOU MAY NOT PLAN ON DOING

13:37:42 IT.

IT IS TOUGH.

>>

13:37:46 YEAH, QUENETTE I JUST WANT TO LIFT UP REALLY

13:37:49 QUICKLY.

MIGUEL I THINK YOU MAY HAVE BEEN

13:37:52 THINKING OF FRED HAMPTON IN CHICAGO THAT MAY HAVE BEEN

13:37:56 KILLED IN A PREDAWN

13:37:59 RAID.

GOOD ONE TO LEARN ABOUT IN

13:38:02 CHICAGO.

>> YES.

>> ONE OF THE THINGS THAT --

13:38:05 MY NAME IS CAROL JACKSON.

I WORK IN

13:38:08 MEMPHIS, TENNESSEE WITH AN ORGANIZATION

13:38:11 CALLED FAMILIES MATTER.

AND

13:38:15 I WAS JUST TALKING WITH

13:38:19 JOHN, AND I AM A HUGGER.

13:38:22

WHEN YOU DO THIS TYPE OF WORK YOU DO IT

13:38:25 IN SO MANY INSTANCES BECAUSE YOU FEEL PEOPLE AND YOU WANT TO

13:38:29 MAKE THINGS BETTER.

13:38:32

TO NOT BE ABLE TO BE YOURSELF WHEN

13:38:35 YOU ARE OUT IS DIFFICULT.

I AM SURE MY HUSBAND GETS TIRED OF

13:38:38 ME HUGGING HIM, BECAUSE I NEED A HUG,

13:38:41 SO I JUST GRAB HIM AND HUG HIM

13:38:45 ALL OF THE TIME.

IT IS THE LITTLE THINGS THAT WE DO NOT  
13:38:48 THINK ABOUT THAT CAN HAVE A HUGE IMPACT  
13:38:51 ON OUR THINKING AND IN WHO WE  
13:38:56 ARE.  
>> RESEARCH SHOWS THAT PEOPLE NEED  
13:38:59 7 SIGNIFICANT TOUCHES EACH DAY OUTSIDE  
13:39:02 OF THEIR IMMEDIATE SPACE TO BE ABLE TO KNOW THAT THEY ARE  
13:39:05 IMPORTANT, THAT THEY ARE LOVED, THAT THEY ARE  
13:39:08 ENGAGING, THAT YOU MATTER.  
TO NOT BE ABLE  
13:39:11 TO DO THAT IS SOMETHING DIFFERENT.  
WHETHER IT IS  
13:39:14 A PAT ON THE BACK FROM  
13:39:17 A COLLEAGUE OR FIST BUMP OR HOWEVER YOU DO IT.  
LIKE YOU  
13:39:20 I AM A HUGGER AS WELL NOW I CAN'T DO THAT.  
SO MY  
13:39:23 DAUGHTER IS PROBABLY TIRED OF ME HUGGING HER, BUT THAT'S VERY  
13:39:26 IMPORTANT TO OUR LIVELIHOOD, TO OUR WELL-BEING AND  
13:39:30 TO NOT HAVE THAT CAN REALLY ERODE IN SOME  
13:39:33 WAYS, MAYBE NOT AS MUCH AS WE THINK, BUT IT CAN ERODE  
13:39:36 HOW WE CONTINUE TO  
13:39:40 OPERATE.  
13:39:45  
ABSOLUTELY.  
OTHER THOUGHTS?  
LISA YOU WANT TO  
13:39:48 READ WHAT'S IN SOME OF THE COMMENT BOX IN OUR CHAT BOX?  
>>  
13:39:51 YEAH, ABSOLUTELY.  
FOLLOWING LET'S SEE  
13:39:55 AMANDA YOU SAW  
13:39:58 AMANDA BRINGING UP ABOUT HER CHILD HAS NEVER  
13:40:01 BEEN ON SCREENS SO MUCH AS NOW.  
I KNOW A LOT OF  
13:40:06 FOLKS DEALING WITH THAT OF WHAT  
13:40:09 DO YOU DO?  
THINKING IN RELATIONSHIP TO THAT I  
13:40:13 KNOW FOLKS WHERE IF THEY ARE IN TWO PARENT  
13:40:16 HOUSEHOLDS SOMETIMES THE ABILITY TO CONNECT WITH THE OTHER  
13:40:19 ADULT, THE OTHER PARENT THAT YOU ARE CO PARENTING WITH GETS  
13:40:22 LIMITED BECAUSE YOU MIGHT HAVE TO DIVIDE UP YOUR  
13:40:26 DAY ABOUT WHO WORKS WHEN AND WHO IS IN CHARGE  
13:40:29 OF GETTING THE NEEDS OF THE CHILDREN MET SO  
13:40:32 THAT THEN YOU SEE PEOPLE BEING SEPARATED FROM  
13:40:36 EVEN BEING ABLE TO CHECK IN WITH SIGNIFICANT OTHERS  
13:40:40 IN THE SAME HOUSEHOLD.  
13:40:45  
CAROL, I SEE HERE, TIME IS --  
WHAT  
13:40:49 IS TIME RIGHT NOW?  
MAYBE IT FEELS LIKE IT IS  
13:40:52 KIND OF APRIL STILL, RIGHT?  
NO, IT IS JUNE  
13:40:56 I DON'T EVEN KNOW, JUNE 16TH.  
IT IS JUNE 16TH  
13:40:59 TODAY, RIGHT?  
WHAT?  
I MEAN

13:41:02 ARE YOU REAL?  
OKAY.  
THEN HOW THAT IMPACTS  
13:41:06 ENERGY LEVELS AND THE ABILITIES TO GET  
13:41:10 WORK DONE.  
RIGHT?  
LEVI LIFTED UP  
13:41:13 THE NAME OF FRED HAMPTON AS WELL.  
13:41:16  
THANK YOU, LEVI.  
MIRIAM, OH,  
13:41:20 YEAH,  
13:41:24 OKAY, SO THINKING ABOUT IN THE MIDDLE OF THIS PANDEMIC AND  
13:41:27 THE MIDDLE OF THIS SEPARATION  
13:41:30 THEN FEELING FEAR OF RETRIBUTION OR  
13:41:34 REPRISAL WHEN YOU JOIN A RIGHTEOUS  
13:41:37 MOVEMENT LIKE BLACK LIVES MATTER OR SOMETHING LIKE THAT, HOW IS IT OTHER  
13:41:40 PEOPLE WILL RESPOND OR PERHAPS OSTRACIZE OR CUT  
13:41:43 YOU OFF BECAUSE THEN SOMETHING YOU ARE STANDING UP FOR  
13:41:46 OR SPEAKING OUT ABOUT DOESN'T MATCH THEIR  
13:41:50 PHILOSOPHIES.  
I KNOW THERE'S -- I MEAN, I CAN ONLY SPEAK  
13:41:53 TO WHAT I KNOW IN RELATION TO A LOT OF WHITE  
13:41:57 FOLK I HAVE BEEN TALKING  
13:42:00 WITH ABOUT THAT UNDERSTANDING OF THERE'S GOING TO BE  
13:42:03 SOME FAMILY MEMBERS WHO JUST FLAT OUT  
13:42:07 CUT THEM OFF WHEN THEY SHOW SOLIDARITY IN  
13:42:10 ANTI RACIST AND ANTI WHITE  
13:42:16 SUPREMACY MOVEMENTS.  
THAT CAN BE  
13:42:19 REAL.  
MOM GUILT FOR TOO MUCH SOCIAL  
13:42:24 MEDIA, RIGHT?  
13:42:28  
AMY THOMAS BROUGHT UP A BRIGHT POINT.  
I DON'T  
13:42:31 KNOW AMY IF YOU WANT TO SAY ANYTHING OUT LOUD ABOUT  
13:42:34 THAT OR IF YOU WANT ME TO SHARE YOUR COMMENT ABOUT  
13:42:37 THE CHAT.  
AMY IS DOING A BETTER JOB WITH BEING  
13:42:40 AT HOME AND SAYING IT'S 6:00,  
13:42:43 CLOSE THE LAPTOP LID VERSES EVIDENTLY WHEN  
13:42:46 AMY IS AT THE OFFICE MAYBE AMY STAYS AT THE  
13:42:50 OFFICE.  
>> ABSOLUTELY.  
I AM RECOGNIZING THAT  
13:42:56 BEFORE THE TIME OF COVID THAT WAS AN  
13:42:59 UNHEALTHY TIME OF MY LIFE SOMEONE CALLED IN YEAH, I  
13:43:02 CAN STAY UNTIL 8:00 TONIGHT.  
THE  
13:43:05 REALITY IS THAT'S NOT BENEFICIAL TO ANY ONE.  
THE OTHER  
13:43:08 THING I NOTICED IS PEOPLE WILL STILL SEND TEXTS AT  
13:43:11 9:00 AT NIGHT OR THINGS LIKE THAT.  
I FOUND IT  
13:43:15 EASIER TO SAY HEY WE ARE ALL DONE AT 6:00.  
WAIT  
13:43:21 UNTIL THE MORNING.  
I THINK IT ALLOWED ME TO ESTABLISH

13:43:24 BETTER BOUNDARIES FOR MYSELF WHICH IS IMPORTANT.  
>> WHAT I AM SEEING  
13:43:27 AND HEARING IS HOW AGENCIES ARE LEARNING HOW TO REALLY  
13:43:30 RELY ON EACH OTHER WITH YOUR TEAM AND WHAT  
13:43:33 DOES THAT LOOK LIKE?  
YOU MAY HAVE MORE ZOOM  
13:43:36 MEETINGS IN SOME WAY BUT THE VULNERABILITY AND  
13:43:40 OPENNESS THAT IS THERE TO TALK ABOUT I DON'T KNOW HOW I AM  
13:43:43 SUPPOSED TO DO THIS, WHAT IS THIS SUPPOSED TO LOOK LIKE  
13:43:46 RIGHT IS STARTING TO ARISE OR COME TO THE FOREFRONT OF  
13:43:49 HOW DO YOU DO THIS SAFELY, HOW DO YOU  
13:43:52 REOPEN IN A DIFFERENT WAY, HOW DO YOU  
13:43:55 SERVICE YOUR CLIENTS AND SERVICE CLIENTS  
13:43:58 IN WAYS TO GIVE PROFESSIONAL DEVELOPMENT CREDIT TO  
13:44:01 GET CONNECTIONS WITH COLLEAGUES OUTSIDE OF  
13:44:04 YOUR IMMEDIATE AGENCY.  
SO BEING ABLE  
13:44:08 TO TALK WITH ONE ANOTHER IN A DIFFERENT WAY IS  
13:44:12 STARTING TO HAPPEN A LITTLE BIT MORE EVEN THOUGH  
13:44:17 IT IS HAPPENING ON ZOOM AND BEING INTENTIONAL ABOUT THE WORK  
13:44:20 YOU ARE DOING ARE THINGS I HAVE SEEN  
13:44:23 AND HEARD ABOUT AS  
13:44:29 WELL.  
>> I WAS GOING TO SAY  
13:44:36 ANEDRA --  
13:44:40  
ANEDRA COMMUNICATIONS HAS TO BE INTENTIONAL.  
I WANT TO PLUS  
13:44:43 1, PLUS 1, PLUS 1 SUPPORT THAT.  
I DON'T KNOW  
13:44:46 IF YOU HAVE ANYTHING FURTHER THAT YOU WANT TO SAY ABOUT THAT.  
FOR SURE  
13:44:50 I ALSO SEE YOU AND SOME COLLEAGUES  
13:44:53 SUPPORTING THAT YOU ARE ALL ZOOMED OUT.  
13:44:56  
COMMUNICATION BUT MAYBE LESS VIA ZOOM.  
IT IS  
13:45:00 POPULAR.  
>> YEAH,  
13:45:05 YEAH.  
>> ANEDRA FROM CHILD AND  
13:45:08 FAMILY  
13:45:11 SERVICES.  
I DO MOSTLY  
13:45:15 FACILITATION.  
SO IT IS A LIFE  
13:45:18 SKILLS HERE AND BALANCE AND WE ARE EVEN DOING A SUMMER  
13:45:22 CAMP FOR OUR KIDS SO THEY DON'T MISS OUT.  
THEY ARE DOING  
13:45:25 SUMMER CAMP BY WAY OF ZOOM.  
>> WOW.  
>> A LOT OF  
13:45:28 ENGAGING, TRYING TO MATCH THEIR ENERGY  
13:45:33 AND THEN WE HAVE WOMEN EMPOWERMENT GROUPS.  
IT IS ALL  
13:45:36 OF THESE PIECES THAT ARE GOING ON.  
YET TO  
13:45:39 CONNECT THEM IT TAKES SO MUCH  
13:45:42 COMMUNICATION.

INTENTIONAL COMMUNICATION

13:45:45 KNOWING THAT EVERYBODY HAS GOT  
13:45:49 TO PULL TOGETHER AND WORK EVEN HARDER TO  
13:45:52 COMMUNICATE PROPERLY AND HAVE THINGS DONE IN A TIMELY  
13:45:56 MANNER.

I SAID, LOOK, I AM ALL ZOOMED OUT.

WHEN I

13:45:59 TAKE MYSELF CARE DAYS, I AM JUST NOT GOING TO EVEN

13:46:02 LOOK AT THE COMPUTER.

13:46:05

WE ARE ZOOMED

13:46:09 OUT.

>> YUP.

>> NICE.

I LIKE

13:46:12 THAT -- I DON'T KNOW IF YOU MEANT IT THAT WAY

13:46:15 BUT I AM GOING TO TAKE WHAT YOU JUST SAID THERE AS A PIECE OF

13:46:18 GUIDANCE FOR MYSELF.

BECAUSE I

13:46:22 KNOW I AM HORRIBLE IN MYSELF DISCIPLINE AROUND PUTTING DOWN

13:46:25 MY SCREENS WHEN I AM NOT WORKING.

AND

13:46:28 THAT IS A THING THAT I REALLY NEED TO COMMIT

13:46:31 TO.

I KNOW FOR MY BRAIN,

13:46:34 BECAUSE THERE HAS BEEN RESEARCH THAT

13:46:37 SHOWS PARTICULARLY WITH THINGS WHERE YOU ARE

13:46:40 LIKE SCROLLING SO YOUR SCREEN IS ZOOMING

13:46:43 BY.

THOSE THINGS ARE HAVING NEGATIVE IMPACTS ON

13:46:46 PEOPLE'S ABILITY TO PAY ATTENTION AND ATTEND AND STAY

13:46:50 FOCUSED, AS WELL AS THERE IS SOME RESEARCH THAT INDICATES IT

13:46:53 ACTUALLY INCREASES PEOPLE'S ANXIETY,

13:46:56 A LOT OF THAT SCREEN TIME AND THAT SCROLLING, THAT

13:47:00 RAPID, RAPID, RAPID MOVEMENT.

IT IS IMPORTANT TO --

13:47:04 I THANK YOU ANEDRA FOR

13:47:07 BRINGING THAT FORWARD ABOUT THE NEED TO WHEN I AM NOT

13:47:10 WORKING IF I AM ON SCREENS ALL OF THE TIME AT

13:47:13 WORK I NEED TO CHILL

13:47:16 OUT ON THE SCREENS OUTSIDE OF THAT.

>>

13:47:19 I TAKE EVEN MORE BREAKS NOW.

USUALLY WHEN WE

13:47:22 FIRST BEGAN THIS WORKING FROM HOME I WASN'T TAKING A LOT OF

13:47:25 BREAKS.

I SAID

13:47:28 OKAY, THIS IS NOT WORKING.

THIS IS NOT GOOD.

I FOUND

13:47:31 MYSELF AS I LOOK AT THINGS, AND I FOUND MYSELF NEEDING

13:47:35 MORE BREAKS THROUGHOUT THE DAY AND

13:47:38 I OPERATE A WHOLE LOT

13:47:41 BETTER.

>> LET ME

13:47:44 ASK A QUESTION TO EVERYONE.

WHAT IS IT YOU ARE FINDING YOU NEED

13:47:47 MORE OF DURING THIS TIME?

13:47:53  
>> I NEED MORE  
13:47:56 DAYS OFF.  
[LAUGHTER]  
>> ABSOLUTELY.  
13:47:59  
REALLY AND TRULY.  
>> ABSOLUTELY.  
HUMAN  
13:48:02 CONTACT AND SOCIALIZATION.  
13:48:05  
MORE  
13:48:11 ROUTINE.  
WHAT ABOUT OTHER  
13:48:14 FOLKS.  
WHAT IS IT YOU FEEL LIKE YOU NEED PHYSICAL MOVEMENT,  
13:48:17 YES, GUIDANCE FROM  
13:48:20 MANAGERS, NOT ZOOM SOCIALIZATION.  
TO STAND  
13:48:23 MORE.  
SELF CARE.  
GARDENING REALLY  
13:48:27 HELPS.  
THANKS ANGELA.  
A SENSE THAT THINGS  
13:48:30 WILL BE OKAY ECONOMICALLY  
13:48:33 AND HEALTH WISE.  
WE ARE PROBABLY ALL WRESTLING  
13:48:36 WITH THAT IN ONE WAY OR ANOTHER THAT FEAR THAT WE HAVE  
13:48:40 TALKED ABOUT AT THE BEGINNING IN TERMS  
13:48:43 OF WHAT TRAUMA IS, RIGHT?  
AND  
13:48:46 BECAUSE THE TARGET IN SOME  
13:48:49 WAYS KEEP MOVING, AND  
13:48:52 ABSOLUTELY THE THREE, FOUR-DAY WORKWEEK, THE  
13:48:55 MOTIVATION.  
BECAUSE WE DON'T KNOW.  
IT IS ALL OF THESE MODELS  
13:48:59 SCIENTISTS TALK ABOUT THIS MODEL AND ESTIMATING  
13:49:02 200,000 MORE PEOPLE ARE EXPECTED TO DIE  
13:49:06 BY OCTOBER BECAUSE OF COVID-19.  
THAT'S TAXING ON THE SPIRIT.  
13:49:09  
THAT'S TAXING ON YOUR BEING.  
THAT  
13:49:12 CONTRIBUTES TO YOUR FEELING OF TRAUMA.  
SO REALLY  
13:49:15 TRYING TO WORK THROUGH THAT, RIGHT, AND STAY  
13:49:19 CONNECTED EVEN THOUGH WE CAN'T PHYSICALLY CONNECT,  
13:49:23 RIGHT?  
IT IS A DIFFERENT WAY.  
I WISH  
13:49:27 I COULD SAY THINGS COULD BE BETTER  
13:49:30 ECONOMICALLY AND HEALTH WISE.  
I THINK IN TERMS OF  
13:49:33 ECONOMICS I SAW A PIECE  
13:49:36 ON GOOD MORNING AMERICA AND STARTED READING A LITTLE BIT MORE ABOUT  
13:49:39 IT.  
NOW IS A GOOD TIME TO



13:49:43 START YOUR OWN BUSINESS.  
YOU DON'T HAVE THE OVER  
13:49:45 HEAD.  
IF IT IS JUST YOU  
13:49:49 YOU COULDN'T HAVE -- DON'T HAVE TO HIRE ANY ONE  
13:49:54 ELSE.  
SMALL BUSINESSES AND EVEN STAND ALONE  
13:49:55 COMPANIES AND PHYSICAL SPACE HAS GONE UNDER, THOSE WHO ARE  
13:49:59 WORKING FROM HOME HAVE BEEN ABLE TO SUSTAIN THEIR BUSINESSES IN  
13:50:02 DIFFERENT WAYS, SO THINKING ABOUT HOW CAN YOU EMPLOY  
13:50:05 YOUR CREATIVITY TO CONTINUE TO SUSTAIN YOURSELF  
13:50:10 ECONOMICALLY.  
THAT IS SUCH A GOOD POINT.  
SUCH A  
13:50:14 GOOD POINT.  
A YARD WOULD HELP STACKED  
13:50:17 IN MY HOOD AND THERE'S NO WI-FI IN THE  
13:50:20 PARK.  
MORE GRACE.  
TELL ME WHAT  
13:50:24 YOU MEAN BY THAT?  
AMY YOU  
13:50:27 SAID MORE GRACE.  
CAN YOU SAY A LITTLE BIT MORE ABOUT THAT?  
>>  
13:50:30 SURE.  
THIS IS SOMETHING I AM A  
13:50:33 BIG PROPONENT FOR EVEN WHEN I AM IN MY WORK SETTING, IT IS  
13:50:36 JUST UNDERSTANDING I PROBABLY DON'T HAVE THE FULL PICTURE OF WHAT  
13:50:40 OTHER PEOPLE ARE GOING THROUGH AND WHY THEY DIDN'T DO SOMETHING THE WAY I  
13:50:43 MIGHT HAVE EXPECTED THEM  
13:50:46 TO DO IT.  
ESPECIALLY NOW WITH EVERYTHING THAT'S  
13:50:50 GOING ON IN THE WORLD THERE NEEDS TO BE  
13:50:53 UNDERSTANDING AND GRACE ABOUT WHY  
13:50:56 THINGS AREN'T TURNED  
13:50:59 IN IN TIME.  
SAME GOES FOR ME.  
I THINK THAT'S  
13:51:04 SOMETHING I AM TRYING TO WORK  
13:51:07 ON SAYING PROBABLY DIDN'T HAPPEN FOR A  
13:51:10 REASON.  
JUST LIKE I DIDN'T RETURN FOR A REASON TOO.  
THAT'S COMPLETELY  
13:51:13 UNDERSTANDABLE.  
>> INSTEAD OF ASKING WHY,  
13:51:18 ASK WHAT'S HAPPENING.  
THEN THAT SHIFTS THE BLAME  
13:51:21 OFF THE PERSON AND THE SITUATION AND THINK ABOUT IT  
13:51:24 AS A MORE COLLECTIVE HOW CAN I GIVE GRACE AND REALLY  
13:51:28 THINK THROUGH THAT.  
RIGHT?  
INSTEAD OF WHY, WHAT  
13:51:30 WILL BE A SHIFT IN THE QUESTION OF ASKING THAT TO GET A  
13:51:34 BETTER UNDERSTANDING.  
AMANDA, SOUNDS LIKE A GOOD TIME  
13:51:39 FOR THE COMMUNITY TO  
13:51:43 PUSH FOR THAT.  
ABSOLUTELY PUSH FOR SOMETHING

13:51:46 DIFFERENT.  
PATRICIA ASKS HOW DO YOU GET MORE GRACE?  
I THINK IN  
13:51:49 TERMS OF THE QUESTIONS THAT WE ASK, NOT QUESTIONS THAT ARE  
13:51:52 GOING TO ANTAGONIZE YOU OR POINT TO YOU AS THE  
13:51:57 PROBLEM BUT BEING ABLE TO  
13:52:01 UNPACK WHAT'S GOING ON.  
WHAT CAN WE DO DIFFERENTLY?  
WHAT AM I  
13:52:04 MISSING HERE?  
RIGHT?  
WHAT  
13:52:08 IS IT WE  
13:52:12 NEED TO UNDERSTAND?  
IT'S THE IDEA  
13:52:15 OF TRAUMA AND INFORMED  
13:52:18 APPROACH.  
ABSOLUTELY  
13:52:23 BRITTANY.  
ANYTHING LISA I MAY BE MISSING THAT WE  
13:52:26 NEED TO THINK ABOUT?  
>> NO,  
13:52:29 I GUESS THE ONE THING I HAVE JUST  
13:52:32 BEEN THINKING ABOUT IS I HAD  
13:52:36 SHARED THAT COMMENT ABOUT MAYBE NOW IS THE TIME TO  
13:52:40 ENCOURAGE THOSE ELECTEDS ABOUT MAKING THOSE THANKS  
13:52:43 CHALLENGED PROVIDE MORE ACCESS AND  
13:52:46 THEREFORE MORE EQUITY BY HAVING WI-FI AVAILABLE  
13:52:50 THROUGH NEIGHBORHOOD SPACES AND CITIES AND  
13:52:53 DIFFERENT THINGS LIKE THAT.  
13:52:56  
IT IS A NICE WAY TO MEET THE NEEDS OF  
13:52:59 A LOT OF DIFFERENT PEOPLE FOR A LOT  
13:53:02 OF DIFFERENT REASONS AT THIS  
13:53:06 PARTICULAR TIME AND PLACE WHEN WHAT WE HAVE GOING ON IS  
13:53:09 WHAT WE HAVE GOING ON PHYSICALLY AND GEOGRAPHICALLY  
13:53:13 AND IN TERMS OF DIFFERENT KIND OF RULE  
13:53:17 THAT IS ARE HAPPENING.  
I AM AWARE OF HOW THAT COULD FEEL  
13:53:20 LIKE OR SOUND LIKE, YEAH, DO MORE WORK  
13:53:23 RIGHT NOW AND FIGURE OUT HOW TO GET THE  
13:53:27 ELECTEDS TO DO THAT.  
THERE MIGHT BE SOME ROOM  
13:53:30 TO ALSO THINK ABOUT BEING ABLE TO MAKE THE KIND OF  
13:53:33 CASES ABOUT HOW IT RELATES TO THE PEOPLE THAT  
13:53:36 YOU ARE SERVING NOT ONLY HOW YOU ARE ABLE TO DO YOUR PART OF YOUR  
13:53:41 WORK, BUT ALSO HOW IT WOULD BE OF  
13:53:45 BENEFIT, AND IN THAT KIND OF WAY, IT  
13:53:47 MIGHT FIT IN WITH SOME EFFORTS AT  
13:53:51 CERTAIN ORGANIZATIONS, SOME COMMUNITY BASED EFFORTS AS  
13:53:54 OPPOSED TO BEING ENTIRELY NEW AND SEPARATE PIECE OF  
13:53:59 ADVOCACY WORK.  
>> I THINK THIS IS  
13:54:02 A GOOD TIME TO MOVE INTO OUR  
13:54:06 UNDERSTANDING OF WELLNESS.  
>>  
13:54:10 YEAH.  
I FEEL LIKE SOME OF THE RESPONSES STARTED  
13:54:15 TOUCHING ON WHERE WE ARE GOING NEXT.

>> ABSOLUTELY.  
ABSOLUTELY.

13:54:19 ALL RIGHT.  
CAN YOU SEE MY SCREEN OKAY?

13:54:22 NO ISSUE AT ALL.  
JUST

13:54:25 KIDDING.  
I PROBABLY DIDN'T START SHARING.

13:54:28  
I AM SORRY YOU ALL OR EVERYONE.

13:54:31  
THAT'S BETTER.

SO WHAT A LOT OF YOU ALL  
13:54:35 TOUCHED ON WAS PIECES OF WELLNESS, RIGHT?

13:54:38  
PIECES OF BEING HEALTHY AND WHAT DOES THAT  
13:54:42 MEAN IN THE CONTEXT IN WHICH WE ARE LIVING AND HOW CAN WE DO  
13:54:45 THAT.  
RIGHT?

WHEN WE ARE TALKING ABOUT WELLNESS AND THIS  
13:54:49 PANDEMIC, WE WANT TO BE ABLE TO IMPROVE OUR OWN  
13:54:52 QUALITY OF LIFE.

MAKING THAT A  
13:54:55 PRIORITY.

WHEN YOU CENTER YOURSELF AND CENTER YOUR  
13:55:00 NEEDS, PUT YOURSELF AT THE BEGINNING OF EVERY DAY OR  
13:55:02 IF YOU BOOK ENDED THE BEGINNING AND THE END  
13:55:05 OF EVERY DAY THAT WILL HELP YOU MAINTAIN SOME TYPE  
13:55:08 OF IMPROVING AND OVERALL HEALTH  
13:55:12 STATUS.

YOUR STRESS MAY BE  
13:55:15 INCREASED, BUT BEING INTENTIONAL ABOUT HOW YOU  
13:55:18 IMPROVE YOUR QUALITY OF LIFE IS VITALLY PARNT.

WHAT WE ARE  
13:55:21 TALKING ABOUT AND WHAT WE GET AT AND WHAT WE WANT TO  
13:55:24 ENCOURAGE AND SUPPORT YOU TO DO IS REALLY THINK ABOUT YOUR  
13:55:28 SENSE OF WELLNESS.

WHEN WE TALK ABOUT WELLNESS THERE'S  
13:55:31 A SLEW OF THINGS THAT HELPS US CAPTURE IT WHETHER  
13:55:34 IT IS NAPPING, LEARNING OR  
13:55:37 SPIRITUALLY, INTELLECTUALLY, WELLNESS IS

13:55:41 -- IT IS A CONTINUUM  
13:55:44 AND IT IS  
13:55:49 ALSO VERY PERSONAL IN WAYS AND HOW  
13:55:52 WE CAPTURE IT.

13:55:56  
LISA?

>> YES.  
SORRY I AM THERE.  
I ALWAYS FORGET

13:56:00 WHICH SCREEN IS MY  
13:56:03 CURSOR ON RIGHT NOW.

13:56:07  
QUENETTE I FEEL SO GRATEFUL YOU ARE LIKE GO  
13:56:11 AHEAD LISA WE CAN DO THIS SLIDE.  
I LOVE THIS SLIDE VERY MUCH.  
IN A

13:56:15 VARIETY OF WAYS IT HELPS VISUALLY TO SHOW DIFFERENT THINGS ARE  
13:56:20 CONNECTED.  
ALSO SHOWING  
13:56:24 THESE DIFFERENT  
13:56:27 DIMENSIONS, IN MY EXPERIENCE FOR MYSELF  
13:56:30 INDIVIDUALLY AND FOR FOLKS I HAVE BEEN WORKING WITH IN THE  
13:56:33 LAST 15 YEARS OR SO IT IS REALLY EASY TO  
13:56:37 NOT REMEMBER ALL OF THESE DIFFERENT ASPECTS OF WAYS TO  
13:56:42 THINK ABOUT  
13:56:47 WELLNESS.  
SPIRITUAL WELLNESS.  
ARE THERE  
13:56:51 OPPORTUNITIES YOU ARE HAVING FOR SELF ENLIGHTENMENT OR FEELING  
13:56:55 LIKE PROGRESS ON A STRONGER SENSE OF PURPOSE OR YOUR  
13:56:58 PERSONAL VALUES AND THINGS LIKE  
13:57:02 THAT.  
FOR PHYSICAL WELL-BEING ARE YOU IN A PLACE, SOME  
13:57:06 ASPECTS OF WELLNESS ARE BEING ABLE TO MAINTAIN THAT  
13:57:09 BILLIONS IN A DIET AND SLEEPING  
13:57:12 HABITS, AND SAFE  
13:57:15 PARTICIPATION AND THE  
13:57:19 ACTIVITIES THAT HELP YOU FEEL WHOLE.  
AND ALSO  
13:57:22 THE WAY THAT SOME OF THESE ARE  
13:57:25 INTERCONNECTED, A PART OF THIS FISCAL WELLNESS IS  
13:57:28 FREEDOM FROM ILLNESS, DISEASE AND THE NEED FOR  
13:57:31 MEDICATION.  
THEN I THINK OF HOW ALL OF THAT IS ALSO  
13:57:35 CONNECTED TO FINANCIAL  
13:57:38 WELLNESS.  
IF I HAVE FINANCIAL WELLNESS I CAN  
13:57:41 MEET THOSE NEEDS AROUND THE FOOD THAT KEEPS MY  
13:57:45 BODY HEALTHY.  
ACCESS TO PLACES WHERE I CAN HAVE  
13:57:48 A QUIET  
13:57:51 ENVIRONMENT.  
ENVIRONMENTAL  
13:57:55 ASPECTS OF WELLNESS THAT THERE IS A  
13:57:59 SENSE OF RECOGNITION OF KIND OF A CONNECTION  
13:58:02 TO THE ENVIRONMENT AROUND ME BOTH IN TERMS OF HOW  
13:58:05 AM I IMPACTED BY MY ENVIRONMENT AS WELL AS HOW  
13:58:08 AM I IMPACTING THE  
13:58:12 ENVIRONMENT.  
THAT INCLUDES NOT  
13:58:15 NECESSARILY JUST THINKING ABOUT THE  
13:58:18 BIG QUOTE-UNQUOTE ENVIRONMENT LIKE THE  
13:58:22 WORLD AND THE NATURAL WORLD.  
BUT ALSO WHAT AM I  
13:58:25 SURROUNDED BY?  
WHAT ARE MY PHYSICAL  
13:58:30 ENVIRONMENTS AROUND ME.  
13:58:33  
THIS HAS BEEN A TOPIC OF CONVERSATION IN RELATION  
13:58:36 TO ALL OF THE VIRTUAL TIME BEING ON CAMERAS  
13:58:40 TOGETHER IS WE ARE BRINGING OUR WORK  
13:58:44 WORLDS INTO OUR HOMES ON CAMERA.  
13:58:49  
AND SOMETIMES THAT CAN HAVE  
13:58:52 WHERE DIFFERENT PEOPLE FEEL COMFORTABLE WITH SHARING PARTS OF

13:58:55 THEMSELVES AND PARTS OF THEIR PHYSICAL ENVIRONMENTS WITH OTHER PEOPLE  
13:58:58 CAN HAVE AN IMPACT ON POSITIVE AND/OR  
13:59:01 NEGATIVE FEELINGS ABOUT OURSELVES BECAUSE OF THOSE  
13:59:05 TYPES OF  
13:59:08 INTERACTIONS.  
OCCUPATIONAL  
13:59:11 WELLNESS.  
DO YOU FEEL LIKE YOU HAVE OPPORTUNITIES TO GROW  
13:59:15 PROFESSIONALLY, TO FEEL CHALLENGED AND TO FEEL  
13:59:19 SUCCESSFUL?  
I REMEMBER FROM VERY EARLY ON IN MY  
13:59:22 TRAINING AS A COUNSELOR, PRETTY MUCH ONE OF THE  
13:59:25 ONLY TWO THINGS I REMEMBER FROM MY CAREER  
13:59:28 COUNSELING CLASS, BUT A LOT OF US CHOOSE WHAT IT IS WE WOULD LIKE  
13:59:31 TO BE DOING IN THE WORLD FOR THOSE OF US WHO ARE ABLE TO  
13:59:34 REALLY MAKE SOME CHOICES ABOUT IT BY CHOOSING  
13:59:37 THINGS THAT STILL HELP US FEELING CHALLENGED, NOT BY THINGS  
13:59:40 THAT ARE EASY FOR US.  
IN THOSE ASPECTS  
13:59:43 OF PROFESSIONAL OCCUPATIONAL WELLNESS, DO WE  
13:59:46 FEEL THAT?  
DO WE FEEL THOSE OPPORTUNITIES TO  
13:59:49 FEEL CHALLENGED AND ALSO  
13:59:53 FEEL SUCCESSFUL.  
13:59:57  
I THINK THE LAST SECTION ON THIS THAT I WANT TO COVER  
14:00:00 RIGHT NOW IS SPEAKING TO  
14:00:05 FINANCIAL WELLNESS AND  
14:00:08 THINKING ABOUT FINANCIAL WELLNESS FROM  
14:00:11 BOTH ASPECTS OF  
14:00:14 DO I CURRENTLY FEEL  
14:00:17 THAT MY KIR RENT FINANCIAL  
14:00:20 SITUATION IS A SAFE  
14:00:23 SITUATION, FEELINGS OF DECREASE IN STRESS OR  
14:00:26 ANXIETY THAT I MIGHT HAVE AND ALSO BECAUSE OF  
14:00:29 HOW OUR WORLD WORKS, WE HERE IN THE UNITED  
14:00:32 STATES, WE LIVE IN A SOCIETY THAT IS  
14:00:36 ORGANIZED AROUND  
14:00:39 CAPITALISM, WHICH NEEDS TO -- A NECESSITY TO BE ABLE  
14:00:42 TO MAINTAIN SOME FORM OF BEING ABLE TO  
14:00:45 PROVIDE FOR ONE'S SELF UNTIL THE DAY  
14:00:48 YOU ARE NO LONGER LIVING THAT  
14:00:51 WE DON'T HAVE THOSE KINDS OF SETUPS  
14:00:54 IN THIS CULTURE, IN THIS  
14:00:57 SOCIETY THAT WE KNOW OUR FUTURE HAS TAKEN CARE  
14:01:00 OF, THAT WE HAVE TO PLAN FOR IT NOW AND STILL BE ABLE TO TAKE  
14:01:03 CARE OF IT IN THE FUTURE.  
I AM  
14:01:06 CURIOUS ABOUT HOW SOME OF THESE IDEAS  
14:01:09 AROUND ALL OF THESE 8 DIMENSIONS  
14:01:12 OF WELLNESS, HOW THE PANDEMIC IS  
14:01:16 ACTUALLY THIS REALLY COOL OPPORTUNITY TO THINK  
14:01:19 OF WELLNESS IN SOME NEW AND DIFFERENT WAYS.  
14:01:22  
MAYBE SOME OF THE POSITIVES THAT WE HAVE SEEN COME FROM  
14:01:25 SOME OF THE CHANGES RELATED TO THE  
14:01:28 PANDEMIC.  
SOMEBODY MENTIONED MAKING SURE TO  
14:01:31 GET MORE TIME-OUT SIDE WITH THE KIDS IF THERE ARE OPPORTUNITIES

14:01:35 TO DO SOME OF YOUR CHORES THROUGHOUT THE DAY SO OTHER TIME  
14:01:39 IN THE EVENING OR ON WEEKEND DEPENDING  
14:01:42 WHAT YOUR WORK SCHEDULE OR ON YOUR DAYS OFF DO YOU HAVE  
14:01:45 TIME TO DO THESE THINGS.  
MORE TIME TO DO SOME OF THOSE  
14:01:49 THINGS.  
IF YOU ARE NOT  
14:01:52 COMMUTING DO YOU HAVE MORE  
14:01:55 TIME.  
MAKING ROOM FOR OTHER ACTIVITIES THAT ADD  
14:01:58 TO YOUR FEELINGS OF  
14:02:01 WELLNESS.  
I AM REAL INTERESTED IN THAT  
14:02:05 AND SEEING IF THERE IS  
14:02:08 SOME POSITIVE FORWARD MOVEMENT THAT CAN BE  
14:02:11 LEVERAGED COMING OUT OF THE CREATIVITY THAT HAS BEEN SHOWN  
14:02:14 BY SO MANY PEOPLE AND PROBABLY EVERY SINGLE ONE  
14:02:17 OF YOU ON THIS CALL HAVE HAD TO REALLY SHOW  
14:02:21 CREATIVITY, NIM BLGNESS,  
14:02:25 INGENUITY AROUND HOW YOU HAVE BEEN --  
14:02:29 HOW YOU HAVE CHANGED THINGS IN RELATION  
14:02:32 TO THE PANDEMIC AND  
14:02:35 HOW CAN THAT BE LEVERAGED TO CONTINUE TO PROVIDE  
14:02:39 POSITIVE CHANGE MOVING FORWARD.  
WHO KNOWS AFTER  
14:02:42 -- I SAW SOMEBODY HAD  
14:02:45 IN THERE BEFORE, BC, BEFORE  
14:02:50 CORONA VIRUS OR AFTER COVID-19 WHAT MIGHT THAT BE  
14:02:55 LIKE?  
>> ELLEN, YES, I SEE YOUR  
14:02:58 COMMENT, ELLEN.  
PLUS  
14:03:01 4,000.  
ELLEN IS BRINGING UP THAT  
14:03:04 IT IS A VERY REAL  
14:03:07 SCENARIO THAT CONCEPTS OF WELLNESS  
14:03:10 AND WHAT IT MEANS DURING A QUOTE-UNQUOTE  
14:03:13 WORKDAY, WHAT DOES THAT MEAN?  
FOR REAL.  
THANK YOU FOR  
14:03:18 BRINGING THAT  
14:03:22 FORWARD.  
SPENCER I  
14:03:26 SEE YOUR COMMENT THERE.  
INABILITY TO GO TO CHURCHES  
14:03:30 ENCOURAGE PEOPLE TO FIND SPIRITUAL  
14:03:33 NOURISHMENT IN SOME OTHER WAYS.  
THAT  
14:03:36 ASPECT OF SPIRITUAL WELLNESS.  
HOW DO WE  
14:03:39 RECOGNIZE WELLNESS?  
WE  
14:03:42 SAY THERE'S THESE GREAT EIGHT  
14:03:45 FACETS TO IT, BUT HOW CAN  
14:03:48 YOU RECOGNIZE IT?  
FEELING A SENSE  
14:03:51 OF BALANCE IN LIFE, FEELING ENGAGEMENT  
14:03:54 IN WORK.  
I KNOW FOR ME PARTICULARLY FEELING

14:03:58 ENGAGED IN MY WORK HAS BEEN HARDER TO  
14:04:02 -- THERE WAS DEFINITELY AN ADJUSTMENT PERIOD  
14:04:05 FOR ME TO BE ABLE TO FEEL ENGAGED  
14:04:08 IN MY WORK.  
LIVING SELF AWARE, HAVING SELF  
14:04:12 AWARENESS.  
BEING ABLE TO BE PRESENT AND NOT FEELING  
14:04:16 DISASSOCIATED OR KIND OF FREE  
14:04:19 FLOATING, FEELING FREE.  
I  
14:04:22 WOULD LOVE TO HEAR SOME COMMENTS ABOUT WHAT  
14:04:26 DOES THAT MEAN FOR FOLKS?  
WHAT WOULD IT MEAN  
14:04:29 FOR YOU TO FEEL FREE IN A WAY OF  
14:04:34 SAYING, I RECOGNIZE ASPECTS  
14:04:37 OF WELLNESS IN MY LIFE BECAUSE I FEEL FREE.  
WHAT DOES THAT  
14:04:40 MEAN FOR YOU?  
TREATING OTHERS WELL IS AN  
14:04:44 ASPECT OF WELLNESS.  
BEING ABLE TO BE  
14:04:47 FLEXIBLE, LESS RIDGED.  
LIKING WHO YOU  
14:04:50 ARE, LESS SELF CRITICISM AND I THINK THIS  
14:04:53 GOES BACK TO SOME OF THE  
14:04:56 EARLIER COMMENTS ABOUT GRACE, HAVING ALSO  
14:05:00 GRACE FOR YOURSELF.  
KNOWING THAT, YOU  
14:05:03 KNOW, YOU DON'T HAVE TO BE PERFECT.  
  
14:05:15 ASH EE I SEE YOUR COMMENT REGARDING WHAT WOULD  
14:05:18 IT FEEL LIKE TO BE FREE.  
BEING  
14:05:21 FREE TO ME PAIRS WITH FEELING IN  
14:05:26 CONTROL.  
FEELING IN CONTROL CAN HELP REDUCE  
14:05:29 FEELINGS OF ANXIETY AND LESS ANXIETY MIGHT LEAD TO  
14:05:33 FEELINGS OF FREEDOM OF BEING ABLE TO TAKE  
14:05:36 SOME RISKS THAT FEEL LIKE GOOD AND SAFE  
14:05:39 RISKS OR CHANCES AND  
14:05:42 BE  
14:05:47 CREATIVE.  
ANGELA, THANK YOU FOR  
14:05:50 SHARING THAT.  
ANGELA WANTS  
14:05:53 TO STOP PUTTING  
14:05:56 SO MUCH PRESSURE ON  
14:05:59  
14:06:04 THEMSELVES.  
14:06:10  
>> I THINK IT IS WORTH NOTING WHAT ELLEN SAID.  
SHE SAID I  
14:06:13 WANT TO RESPECTFULLY  
14:06:17 BRING UP NOT EVERYONE HAS  
14:06:20 THE OPPORTUNITY TO TAKE CARE OF WELLNESS ESPECIALLY  
14:06:24 ESSENTIAL WORKERS.  
VITALLY IMPORTANT.  
THAT MAY BE SOME OF THE  
14:06:28 CLIENTS YOU ARE SERVING SO HOW DO YOU HELP THEM THINK ABOUT

14:06:31 WELLNESS AND PERSPECTIVE THAT WORKS FOR THEM, THAT  
14:06:35 CENTERS THEM AND THAT VALIDATES WHO THEY ARE AND  
14:06:39 IN THE CONTEXT OF WHICH THEY ARE OPERATING.  
14:06:42  
ELLEN, EXCELLENT POINT.  
THANK YOU FOR SHARING THAT.  
>>  
14:06:46 QUENETTE CAN I TAKE THAT A STEP  
14:06:49 FURTHER EVEN?  
I BET A LOT OF YOUR  
14:06:53 ORGANIZATIONS HAVE PEOPLE THAT ARE CONSIDERED ESSENTIAL  
14:06:56 WORKERS.  
YOU HAVE THE DOUBLE OF WHAT YOU ARE  
14:07:00 TRYING TO SUPPORT AND  
14:07:03 WORK AROUND IN RELATION TO WHO YOU ARE  
14:07:06 SERVING.  
ALSO WHAT DOES THAT MEAN INTERNALLY IN  
14:07:09 YOUR ORGANIZATION.  
I KNOW ALSO HERE IN  
14:07:12 CHICAGO THERE ARE FOLKS THAT ARE ESSENTIAL WORKERS BECAUSE  
14:07:15 THEY ARE OUTREACH WORKERS DOING STREET BASED  
14:07:18 OUTREACH, AND THAT HAS NOT BEEN ANYTHING THAT HAS  
14:07:21 STOPPED.

14:07:39  
>> ASHLEY RECOGNIZES WELLNESS BASED ON WHAT IT IS LIKE TO  
14:07:42 GET OUT OF BED, THAT MOMENT OF WAKING UP  
14:07:45 AND WHERE  
14:07:50 ASHLEY IS AT AT THAT TIME.  
>>  
14:07:56 ANDREA OR ANDREA SHARED SINCE  
14:07:59 LIFE HAS SLOWED DOWN CHANGES HOW I INTERACT AND RESPOND WITH  
14:08:02 OTHERS.  
ANDREA, DO YOU  
14:08:05 FEEL LIKE YOU COULD SHARE ANYTHING MORE ABOUT WHAT THAT  
14:08:09 MEANS FOR YOU?

14:08:14  
>> I THINK BEING WITH  
14:08:17 FAMILY MORE EVEN AT WORK IT IS  
14:08:21 LIKE YOU GET INTO A ROLL AND YOU  
14:08:24 GET IN A ROUTINE.  
WITH NEIGHBORS IT HAS BEEN  
14:08:27 YOU DO THE CASUAL HELLO AND THERE'S SOME STRIFE  
14:08:30 BETWEEN ME AND ONE OTHER  
14:08:33 FAMILY MEMBER.  
DURING THAT TIME I HAVE  
14:08:37 BEEN ABLE TO STEP BACK AND  
14:08:40 PUT OTHER PEOPLE'S NEEDS  
14:08:44 AHEAD OF MY BUSY SCHEDULE AND CHECKING WITH  
14:08:47 NEIGHBORS TO SEE IF THEY ARE OKAY.  
SPECIFICALLY  
14:08:50 WITH THIS ONE FAMILY MEMBER REALLY CATCHING  
14:08:55 MYSELF AND SLOWING DOWN.  
SOMETIMES  
14:08:58 MY RESPONSE TO THIS  
14:09:01 FAMILY MEMBER IS A REACTION -- I REACT  
14:09:05 RATHER THAN TAKE A DEEP BREATH AND  
14:09:08 REFLECT.



I HAVE BEEN TRYING TO DO THAT A LOT  
14:09:11 MORE IN MY LIFE WITH EVERYONE I NEED AND  
14:09:14 THAT I ENCOUNTER.  
IT IS VERY  
14:09:17 POSITIVE I HAVE TO SAY.  
>> THANK YOU  
14:09:22 FOR SHARING  
14:09:25 THAT.  
THANK YOU FOR SHARING THAT.

14:09:36  
>> BOB.  
BOB'S SELF CARE ALWAYS  
14:09:39 CENTERED ON SOCIALIZATION.  
BASEBALL  
14:09:42 GAME OR ROCK CONCERT AND THEN BOB IS GOOD  
14:09:46 FOR ABOUT FOUR MONTHS.  
IT HAS  
14:09:50 ALREADY BEEN LIKE FOUR MONTHS NOW, RIGHT, BOB?

14:10:00 ARE THERE OTHER FOLKS THAT SO MUCH OF YOURSELF  
14:10:05 CARE FOCUSED ON SOCIALIZATION AGAIN WHAT WAS  
14:10:09 BROUGHT UP EARLIER THE SOCIAL DISTANCING STUFF IS THE  
14:10:12 EXACT OPPOSITE KIND OF  
14:10:15  
14:10:19 TREATMENT.  
14:10:26  
MARIA THOUGHT SHE WAS MUCH MORE INTROVERTED.  
14:10:30  
YOU HAVE LEARNED YOU NEED CONTACT OR SOCIALIZATION OR  
14:10:33 INTERACTIONS WITH PEOPLE MORE THAN YOU THOUGHT.  
HUH?

14:10:43 WITH TWO EXCLAMATION POINTS.  
14:10:48  
YEAH.  
14:10:56  
>> QUENETTE I THINK NOW -- HERE WE GO.  
14:10:59  
PATRICIA I HAVE REALLY ENJOYED SPENDING MORE TIME WITH MY  
14:11:02 DOG.  
IT HAS BEEN A GOOD THING TO GET TO  
14:11:08 KNOW HER BETTER.  
I AM A BIG THUMBS UP PERSON ON  
14:11:12 ACTUALLY SEEING OTHER PEOPLE'S ANIMALS SHOWING  
14:11:16 UP ON SCREEN WITH THEM IN THESE VIRTUAL  
14:11:19 FORUMS, HONESTLY.  
IT IS A  
14:11:22 COOL THING TO  
14:11:27 SEE.  
QUENETTE ARE YOU READY TO MOVE TO THE  
14:11:30 NEXT SET OF TABLE DISCUSSION QUESTIONS?

14:11:34 KEEP THIS ROLLING.  
WE HAVE GOT A GOOD  
14:11:39 DIALOGUE GOING  
14:11:42 HERE.  
>> GIVEN ALL THAT YOU SHARED, THESE  
14:11:45 ARE SOME QUESTIONS.

IT IS NOT IN  
14:11:48 ANY PARTICULAR ORDER WE WANT YOU TO ANSWER.  
BUT WE  
14:11:52 WANT TO TALK ABOUT HOW HAS THE CURRENT PANDEMIC  
14:11:55 IMPACTED YOUR SENSE OF WELLNESS.  
WHAT HAS  
14:11:58 CHANGED FOR YOU THAT CHALLENGED YOU TO MAINTAIN YOUR STATE  
14:12:01 OF WELLNESS.  
HOW DO YOU TALK ABOUT IT  
14:12:04 WHEN YOU ARE FEELING WELL.  
WHEN DO YOU KNOW YOU ARE WELL?  
WHAT  
14:12:07 DOES IT LOOK LIKE?  
YOUR ATTITUDE WHEN YOU GET OUT OF  
14:12:11 BED.  
ABSOLUTELY.  
WHAT DOES WELLNESS  
14:12:15 LOOK LIKE NOW WITHOUT THE SOCIALIZATION OR  
14:12:18 DECREASE IN SOCIALIZATION WHEN SOME  
14:12:21 STATES ARE BACK OPEN AS WELL.  
HAVING TO WEAR  
14:12:25 MASKS FOR THOSE THAT ARE HUGGERS.  
WHAT ARE YOU  
14:12:28 THINKING ABOUT NOW IN TERMS OF YOUR WELLNESS AND WHAT DO  
14:12:31 YOU WANT TO DO DIFFERENTLY  
14:12:34 FOR YOUR  
14:13:11 WELLNESS.  
>> I CAN GIVE AN EXAMPLE.  
I LOVE GOING OUT TO EAT AND  
14:13:15 TRYING NEW RESTAURANTS.  
I AM REFUSING  
14:13:18 TO DO THAT SINCE THE PANDEMIC.  
SINCE OUR STATE OF  
14:13:22 TEXAS HAS OPENED BACK UP AND CASES ARE INCREASING I DO MORE  
14:13:25 TAKEOUT.  
PROBABLY NOT GOOD BECAUSE I  
14:13:29 DO LESS MOVEMENT.  
14:13:32  
BUT I THINK I HAVE GOTTEN MORE COMFORTABLE IN THE STATE THAT I AM  
14:13:35 IN IN TERMS OF EATING MORE, MOVING  
14:13:38 SOME WHAT LESS, ALSO STILL FINDING JOYS  
14:13:41 IN THE LITTLE THINGS LIKE WATCHING TV, CATCHING UP ON  
14:13:44 PROGRAMS, HAVING ZOOM CALLS WITH MY  
14:13:47 COUSINS WHICH WE HAVEN'T DONE IN A LONG TIME AND EVERYONE LOOKS  
14:13:50 FORWARD TO THEM EVERY TWO WEEKS.  
THAT HAS BEEN A PART  
14:13:54 OF MY WELLNESS  
14:13:57 PLAN.  
THERE ARE THINGS CAN I IMPROVE?  
YES  
14:14:01 EXERCISE?  
ABSOLUTELY.  
14:14:06  
I RECOGNIZE MY WAY OF MAINTAINING WELLNESS IS  
14:14:09 AROUND FOOD AND COLLECTIVENESS AND  
14:14:12 THE SOCIALIZATION AS WELL.  
>>  
14:14:16 LISA, WHAT DOES WELLNESS LOOK LIKE FOR YOU  
14:14:20 NOW?

>> WELL, FOR  
14:14:25 FOLKS THAT KNOW ME IT WOULDN'T BE SHOCKING FOR YOU TO HEAR THAT  
14:14:29 SOMETHING THAT IS IMPORTANT TO ME IS  
14:14:32 BEING ABLE TO BE OUTSIDE IN FRESH  
14:14:36 AIR AND IN NATURE.  
14:14:40  
GOING TO PLACES WHERE  
14:14:43 I CAN SEE NEW NATURE,  
14:14:46 KIND OF EXPLORING NEW PLACES, AND SO FOR  
14:14:49 ME RIGHT NOW WELLNESS  
14:14:53 MEANS THAT I AM  
14:14:58 BEING THOUGHTFUL ABOUT TRYING TO  
14:15:01 PLAN THESE OPPORTUNITIES BUT ALSO DOING IT  
14:15:05 WITHIN A FRAMEWORK OF RECOGNIZING THERE ARE  
14:15:08 WAYS TO DO IT MORE  
14:15:12 SAFELY THAN OTHER  
14:15:15 WAYS,  
14:15:18 YOU KNOW  
14:15:22 TRYING TO SHOW CARE FOR MYSELF IN  
14:15:26 MY PLANNING OF HOW I DO THAT.

14:15:48  
>> ELLEN YOU SAID THE PANDEMIC  
14:15:51 HELPED YOU REALIZE HOW MUCH PRIVILEGE IS LINKED TO WELLNESS.  
14:15:55  
MOVEMENT AND TAKING SCREEN BREAKS ARE IMPORTANT  
14:15:59 ASPECTS OF MYSELF CARE AND I AM CONTINUALLY  
14:16:02 LEARNING ABOUT AND ADVOCATING FOR  
14:16:07 BASIC HUMAN RIGHTS TO BE  
14:16:11 PART OF THE CONVERSATION AND THE WELLNESS ENTAILS HOW IT IS  
14:16:14 IN THE FOUNDATION OF IT ALL.  
>> SPENCER SHARED  
14:16:17 FEELING WELL RESTED IS A SIGN OF WELLNESS FOR  
14:16:22 SPENCER.  
ASHLEY IDENTIFIED,  
14:16:26 YEAH, MAKING CHOICES THAT  
14:16:29 BENEFIT YOURSELF BY NOT GOING TO MAYBE FAMILY  
14:16:32 EVENTS OR OTHER THINGS WHERE ASHLEY  
14:16:35 KNOWS THERE WILL BE PEOPLE  
14:16:38 THERE THAT ABILITY IN WAYS THAT ARE  
14:16:41 TOXIC, TOXIC TO  
14:16:44 ASHLEY'S WELL-BEING.  
>> I THINK MARIA  
14:16:47 MADE A GOOD POINT.  
14:16:50  
IT IS WELL TO  
14:16:53 KNOW WHEN WE ARE DOING WELL  
14:16:56 AND NOT WELL.  
WE ARE FEELING GOOD.  
THIS IS NORMAL.  
14:17:00  
THIS IS IT.  
WHEN NOT FEELING WELL  
14:17:03 IT CAN GO BAD REALLY QUICKLY.  
INCREASED  
14:17:06 ANXIETY.  
LIKE NOT FEELING WELL.  
DOING THINGS THAT CAN BE  
14:17:10 HARMFUL TO OUR WELLNESS.

THAT'S AN EXCELLENT

14:17:13 POINT.

>> I

14:17:16 FOUND THAT IT MATCHES SO

14:17:19 --

IT FITS SO NICELY WITH WHAT ELLEN BROUGHT UP.

ONE

14:17:23 OF THE WAYS I KNOW TO TALK ABOUT

14:17:26 PRIVILEGE IS TO SAY --

WHEN YOU DON'T HAVE TO THINK ABOUT

14:17:29 SOMETHING THAT'S WHEN YOU KNOW YOU HAVE

14:17:32 PRIVILEGE.

SO RECOGNIZING

14:17:35 NOT HAVING WELLNESS IS BECAUSE THERE'S NOT THE PRIVILEGE OF

14:17:39 NOT EXPERIENCING

14:17:42 THE NEGATIVE.

14:17:56

>> SHAUNNA SAID I LIVE IN A COUNTRY WHERE I CAN GET

14:17:59 OUTDOORS.

I HAVE BEEN ABLE TO FISH MORE THAN

14:18:02 ANY SUMMER.

IT GAVE ME THE OPPORTUNITY TO SPEND

14:18:05 TIME WITH FAMILY WHO IS

14:18:09 SO VERY IMPORTANT TO ME.

FAMILY CAN BE A

14:18:12 BLESSING AND A CURSE DEPENDING ON WHAT

14:18:15 PERSPECTIVE YOU HAVE AND WHICH EXPERIENCES YOU

14:18:18 HAVE.

FAMILY CAN BE RESTORATIVE FRIENDS CAN BE

14:18:21 RESTORATIVE DEPENDING HOW WE ENGAGE WITH THEM AS WELL.

14:18:24

MARK TALKED ABOUT

14:18:28 HOW THIS PANDEMIC HAS MADE HIM MORE COGNIZANT OF THE IMPORTANCE

14:18:31 OF SELF CARE AND HOW IMPERATIVE IT IS TO BE

14:18:36 THERE FOR EVERYONE.

>> SOMEONE IS

14:18:40 PAINTING.

MIGUEL.

PAINTING PICTURES WITH FAMILY AND

14:18:44 LISTENING TO GREAT SOULFUL MUSIC.

14:18:47

ABSOLUTELY.

ABSOLUTELY.

14:18:52 I THINK WHAT WE HAVE BEEN TALKING ABOUT AND REALLY TRYING TO

14:18:55 CAPTURE IN SOME WAYS IS NOT ONLY ABOUT

14:18:58 WELLNESS, RIGHT,

14:19:01 AND PANDEMICS AND TRAUMA, BUT WHAT DOES THIS

14:19:04 MEAN FOR WHO WE ARE AND THE WORK THAT WE DO, HOW WE DO

14:19:07 IT, WHEN WE DO IT AND WHERE WE DO IT,

14:19:10 WHETHER WE HAVE TO DO IT FROM OUR

14:19:14 SPACES AT HOME WHETHER WE HAVE TO DO IT FROM OUR

14:19:17 OFFICE, WHAT DOES THAT LOOKS LIKE AND WHAT ARE YOU GOING TO START

14:19:22 PRIORITIZING.

WE HOPE JUST THIS BEGINNING DISCUSSION IS SOMETHING YOU CHOOSE TO

14:19:26 PRIORITIZE YOURSELF WHETHER IT IS IN THE BEGINNING OR END OF

14:19:29 YOUR DAY.

YOU CAN FEEL RESTORED.

14:19:33  
RESTED BECAUSE THE FIGHT  
14:19:36 IS JUST BEGINNING IN SOME WAYS AND  
14:19:39 THE PANDEMIC WE ARE EXPERIENCING IN OUR  
14:19:42 COUNTRY.  
WE ALSO NEED TO GET OUR  
14:19:45 FIGHTING SWAIT UP TO ADDRESS THE  
14:19:50 PANDEMIC OF COVID-19  
14:19:53 AND WE CAN LIVE IN A  
14:19:57 WAY THAT'S SAFE.  
WHEN  
14:20:01 WE TALK ABOUT WELLNESS  
14:20:05 AND PANDEMICS.  
14:20:10  
TO BE ABLE A FUNCTION HOLISTICALLY.  
NOT  
14:20:13 SAYING IT SHB DONE ALL A  
14:20:16 DAY.  
WE KNOW THAT WELLNESS IS ON A  
14:20:21 CONTINUUM.  
WHAT WILL DOES IT  
14:20:23 TAKE FOR US TO  
14:20:26 FOEP FOR SOMETHING  
14:20:29 NEW.  
WE HAVE  
14:20:34 BEEN ABLE TO START TOUCHING  
14:20:37 ON PIECES OF YOU AS FAR AS WELLNESS.  
YOUR  
14:20:40 WORK IS POWERFUL AND IMPORTANT.  
THE PEOPLE WHO YOU ARE PROVIDING THE  
14:20:43 SERVICES TO NEED YOU JUST AS MUCH AS YOU NEED YOURSELF.  
14:20:47  
PRIORITIZING YOU IS VITALLY IMPORTANT  
14:20:51 IN THIS TIME AS  
14:20:56 WELL.  
>> I PRIVATE MESSAGED COURTNEY TO  
14:20:59 SEE IF SHE WOULD FEEL MORE COMFORTABLE SHARING WHAT  
14:21:02 THEY TYPED IN THE CHAT.  
DO WE HAVE TIME FOR THAT  
14:21:06 QUENETTE?  
>> YEAH, WE DO.  
>> YOU CAN UN MUTE YOURSELF  
14:21:09 WHEN YOU ARE READY, COURTNEY.  
>> ALL RIGHT.  
14:21:13  
THANK YOU.  
I HAD JUST BRIEFLY MENTIONED THAT THE PANDEMIC HAS  
14:21:15 SHOWN ME I HAVE NOT HAD  
14:21:20 A WELL ROUNDED SELF CARE ROUTINE IN MY LIFE.  
IT HAS BEEN  
14:21:23 GLARINGLY OBVIOUS.  
I WAS A TEACHER FOR A LONG TIME.  
I WOULD  
14:21:26 COME HOME AT THE END OF A LONG DAY  
14:21:29 DECOMPRESS BY PLAYING VIDEO GAMES FOR MAYBE  
14:21:32 AN HOUR AND GO ABOUT MY EVENING.  
BEING HOME ALL OF THE  
14:21:36 TIME THAT LOOKS REALLY DIFFERENT NOW.  
VIDEO

14:21:39 GAMES CANNOT BE MY ONLY WAY OF  
14:21:43 DECOMPRESSING ESPECIALLY WHEN I HAVE A FAMILY  
14:21:46 I HAVE TO TAKE CARE OF AS WELL  
14:21:50 MAKING SURE THEIR  
14:21:53 TEEDZER BEING MET.  
THERE ARE OTHER WAYS TO TAKE CARE  
14:21:57 OF MYSELF AND SO I FOUND THE 8  
14:22:00 DIMENSIONS OF WELLNESS I FOUND THAT VERY PARTICULARLY  
14:22:03 NEEDED FOR ME.  
I HAD NOT THOUGHT THERE WERE OTHER  
14:22:07 WAYS TO GET MY WELLNESS OR  
14:22:10 IT WOULD EVEN BE NECESSARY.  
>> YEAH.  
YEAH.  
THANK YOU  
14:22:15 FOR SHARING THAT.  
>> OF  
14:22:18 COURSE.  
>> QUENETTE I THINK I AM GOING TO MAKE  
14:22:21 A PRINTOUT OF THAT CHART AND PUT IT UP WHERE I WILL SEE  
14:22:24 IT EVERY ONCE IN A WHILE.  
>>  
14:22:27 AS A REMINDER.  
>>  
14:22:31 YEAH.  
>> WHEN I IS REPLACED BY WE  
14:22:34 EVEN WHEN ILLNESS BECOMES WELLNESS.  
FILL  
14:22:38 IN THE BLANK FOR US.  
PUT IT IN THE CHAT  
14:22:42 BOX.  
WELLNESS  
14:22:52 IS...  
14:22:55 HOLISTIC, PEACE, BALANCE.  
14:22:58  
PEACE, MANDATORY,  
14:23:01 LOVE,  
14:23:04 BALANCE, PRAYER,  
14:23:08 FOUNDATIONAL,  
14:23:11 NECESSARY,  
14:23:17 SERENITY.  
GOOD  
14:23:20 HEALTH.  
WELLNESS IS A WAY TO  
14:23:23 RESTORE OUR GRACE IN HUMANITY.  
INDIVIDUAL  
14:23:27 AND COLLECTIVE.  
14:23:30  
LIFE  
14:23:43 GIVING.

14:24:02  
>> ONE OF MY FAVORITE QUOTES BY AUDREY  
14:24:05 LORD.  
SHE USE IT IS AND REMIND US  
14:24:08 IN A TIME OF GRIEF, CRISIS OR TRAUMA  
14:24:11 IN THE BEFORE AND AFTER OF MEETING EACH OTHER NOT ONLY TO  
14:24:14 SURVIVE BUT TO DRIVE.

SHE ONCE SAID CARING FOR  
14:24:18 MYSELF IS NOT SELF-INDULGENCE, IT IS SELF  
14:24:21 PRESERVATION.  
THAT IS AN ACT OF POLITICAL  
14:24:24 WARFARE.  
IF YOU CAN'T PRIORITIZE YOURSELF HOW ARE YOU  
14:24:27 GOING TO BE ABLE TO RESPOND TO THE  
14:24:30 NEEDS OF YOUR COMMUNITY, OF YOURSELF.  
COMMUNITY I AM  
14:24:34 TALKING BROADLY IN TERMS OF FAMILY AND  
14:24:37 FRIENDS AND WHAT THAT LOOKS LIKE.  
SO WE HOPE  
14:24:40 AS YOU MOVE FORWARD AND CONTINUE TO DO THE  
14:24:43 WORK THAT IS VITALLY  
14:24:46 IMPORTANT THAT YOU PRIORITIZE YOU,  
14:24:49 NOT COMPROMISE YOU, BUT PRIORITIZE YOU  
14:24:52 IN A WAY THAT WILL ALLOW  
14:24:55 YOU TO MAKE YOURSELF NUMBER ONE ON THAT LIST OR THE  
14:24:58 LAST THING YOU DO AT NIGHT IS MAKE SURE  
14:25:01 YOU ARE TAKEN CARE OF.  
IN ORDER TO  
14:25:05 PRESERVE AS AUDREY  
14:25:08 LOER ONCE SAID THE SELF CARE  
14:25:12 IS VITALLY IMPORTANT.  
>>  
14:25:15 QUENETTE WILL YOU SAY THAT QUOTE AGAIN?  
>> I WILL  
14:25:18 PUT IT IN THE CHAT BOX FOR YOU.  
  
14:25:24  
14:25:51  
>> I SEE MIGUEL ALSO  
14:25:54 SHARED WELLNESS IS WHAT WE ARE FIGHTING FOR AND HOPING TO BRING IN  
14:25:57 AND OUT OF THIS  
14:26:00 WORK.  
>>  
14:26:11 ABSOLUTELY.  
>> WELL, WE DO HAVE IF  
14:26:14 ANY ONE WANTS TO SHARE ANY FURTHER  
14:26:17 THOUGHTS OR QUESTIONS, WE HAVE A COUPLE MINUTES.  
BUT OF  
14:26:20 COURSE WE WANT TO BE VERY  
14:26:24 RESPECTFUL OF FOLKS' TIME AND WE UNDERSTAND  
14:26:27 IF SOME OF YOU ARE LIKE I CAN GET  
14:26:30 A COUPLE MINUTES BACK HERE, WHATEVER YOU NEED TO  
14:26:34 DO WE DEFINITELY SUPPORT THAT AND HOLD THAT FOR YOU.  
  
14:26:51 DEFINITELY WANT TO MAKE SURE TO SHARE  
14:26:54 THAT THE STAFF FROM THE  
14:27:01 CYE -- CYEM PROJECTS WILL HAVE  
14:27:04 CONTACT INFORMATION FOR QUENETTE AND  
14:27:08 MYSELF IF  
14:27:11 ANY ONE NEEDS IT.  
  
14:27:19  
>> WELLNESS TAKES WORK.  
YES.  
  
14:27:29 MARIA.

BIG HANDCLAPS FOR THE  
14:27:33 CYEM TEAM PUTTING THE WEBINAR  
14:27:37 SERIES TOGETHER.  
RIGHT?  
NICELY DONE EVERYBODY.  
YES.

14:27:43 CLAPINGS AND THUMBS UP ALL  
14:27:46 OVER EVERY  
14:27:52 WHERE.  
AWESOME.

14:28:01 QUENETTE YOU HAVE ANY FINAL WORDS OF WISDOM THAT YOU WANT TO  
14:28:05 SHARE?

>> I DON'T KNOW IF WORDS OF WISDOM, BUT THANK YOU

14:28:08 ALL.

THANK YOU ALL FOR HANGING IN THERE WITH US.

THANK YOU

14:28:11 FOR SHARING.

14:28:14

THANK YOU FOR BEING PRESENT AND THANK YOU FOR BEING

14:28:18 VULNERABLE ENOUGH TO SHARE WHAT THE CHALLENGES WERE IN

14:28:21 YOUR WELLNESS PLAN AND WHAT

14:28:24 YOU INTEND TO DO TO CONTINUE TO TAKE CARE OF

14:28:27 YOURSELF.

SELF PRESERVATION.

IT IS AN

14:28:30 ACT OF POLITICAL WARFARE.

SOMETHING

14:28:33 WE CAN'T COMPROMISE ON.

THANK YOU FOR THAT.

THANK YOU.

>> QUENETTE

14:28:36 AND LISA I WANT TO THANK YOU AGAIN FIRST

14:28:39 FOR PRESENTING NOT ONLY TODAY BUT FOR PART 1

14:28:42 OF THE TRAUMA SERIES.

BEFORE WE GO TODAY I

14:28:45 WANT TO THANK EVERYBODY FOR ATTENDING ALL OF THESE

14:28:50 WEBINARS.

TODAY WAS THE LAST SESSION IN OUR SPRING

14:28:53 SERIES.

WE APPRECIATE EVERYBODY'S PARTICIPATION.

YOU WILL BE

14:28:56 RECEIVING THE FOLLOW-UP INFORMATION FROM

14:29:00 TODAY'S WEBINAR, THE

14:29:02 SLIDES, ANY MATERIALS IN QUENETTE AND

14:29:06 LISA'S CONTACT INFORMATION AND FOLLOW-UP E-MAIL.

THE

14:29:09 SLIDES WILL SOON BE AVAILABLE ON THE

14:29:12 PORTAL AND WE WILL HAVE

14:29:15 MORE INFORMATION TOO ABOUT THE ONE

14:29:18 UPS WE HAVE AND

14:29:21 OFFERINGS OF FUEL AUSTIN

14:29:25 RESPENCHTOPHER

14:29:28 ALSO SHARED AN EVALUATION IN THE CHAT THAT WILL GET SENT OUT

14:29:31 VIA E-MAIL.

APPRECIATE YOUR FEEDBACK.

THANK YOU AGAIN

14:29:34 EVERYBODY.



I DON'T THINK WE COULD END THIS  
14:29:38 SERIES ON A BETTER  
14:29:42 KNOWN.  
COLLECTIVE  
14:29:45 WELLNESS.  
WE WILL SEE YOU LART.  
>>