

Struggling, Surviving, and Thriving during Crisis

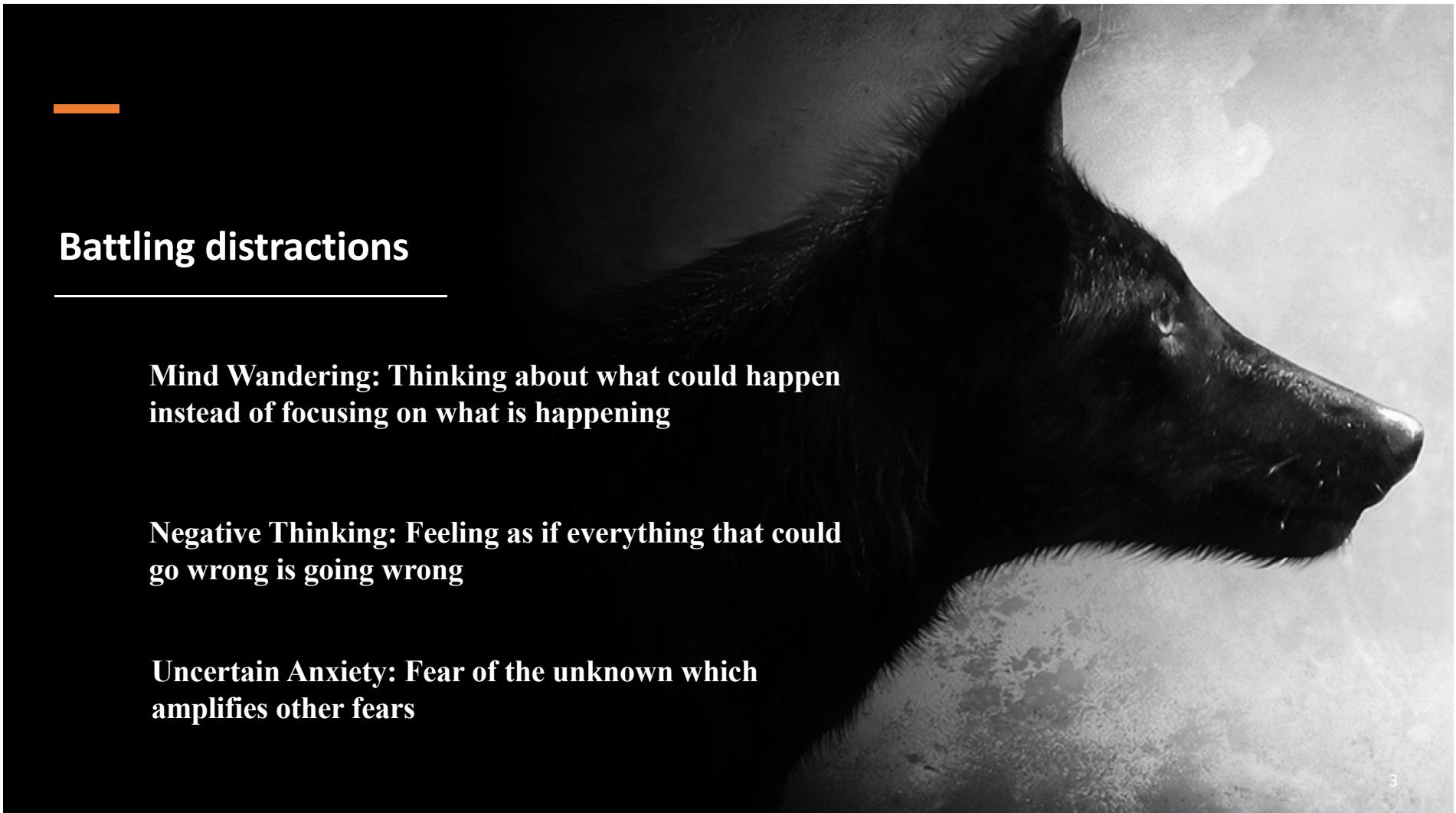
Hosted by Danny
Dig @ ICSE'20
(Social Event)

Take this 1-minute survey: tinyurl.com/StrugglesDuringPandemic

My Struggles

- Loosing a family member (father-in-law passed away overseas on April 23)
 - Loss of in-person interactions (moved to a U. of Colorado in January)
 - Loss of control in the professional life (could not hold an event I planned for 3 years)
 - Conflict with people (with my next-door neighbor who works in ER)
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- Please share some of your struggles that were amplified by the pandemic





Battling distractions

Mind Wandering: Thinking about what could happen instead of focusing on what is happening

Negative Thinking: Feeling as if everything that could go wrong is going wrong

Uncertain Anxiety: Fear of the unknown which amplifies other fears

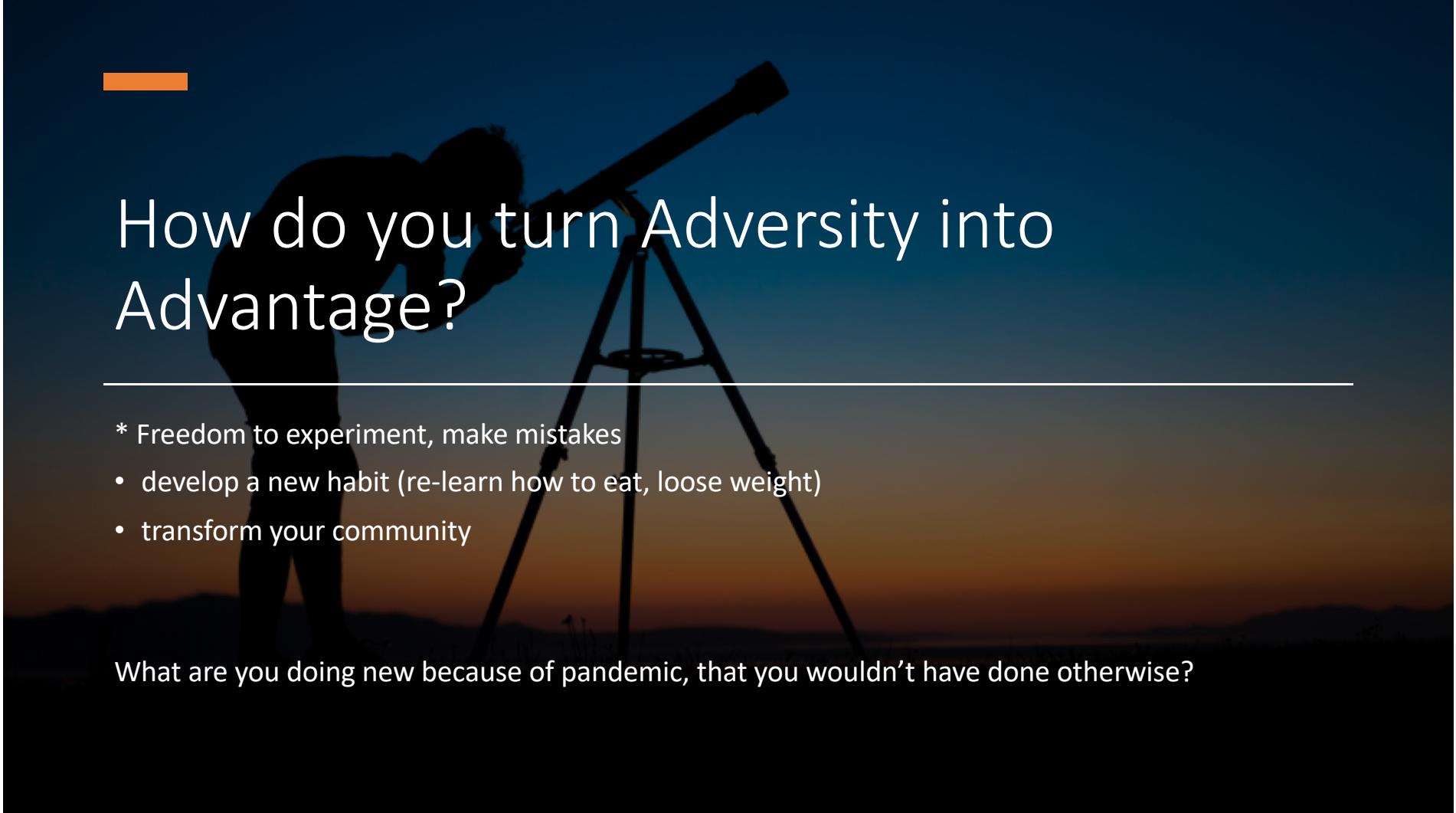
Which one will win?



How do you feed the positive
and starve the beast?

- write in a gratitude journal
 - significantly reduced exposure to news
 - read inspirational biographies with my children
 - tune into voices of hope (podcasts, audiobooks)
 - bi-weekly meetings with my faculty support group
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- What works for you?





How do you turn Adversity into Advantage?

- * Freedom to experiment, make mistakes
- develop a new habit (re-learn how to eat, loose weight)
- transform your community

What are you doing new because of pandemic, that you wouldn't have done otherwise?

How do we lift up the morale of our team?

Be exceedingly human: open, vulnerable, personable

- During disruption: your voice is more important than your words
- During disruption: your presence is more important than your presentation
- During disruption: you cannot provide certainty, but you can provide clarity

- During pandemic, do you find yourself overcommunicating or the opposite? What can you do to help ensure your team feels like you are not withholding information from them?

If you want to go fast, go alone. If you want to go far, go with others

Take a brief survey, I will send you the slides, recording, and other resources I mentioned in our discussion

<https://tinyurl.com/togetherwithdanny>

