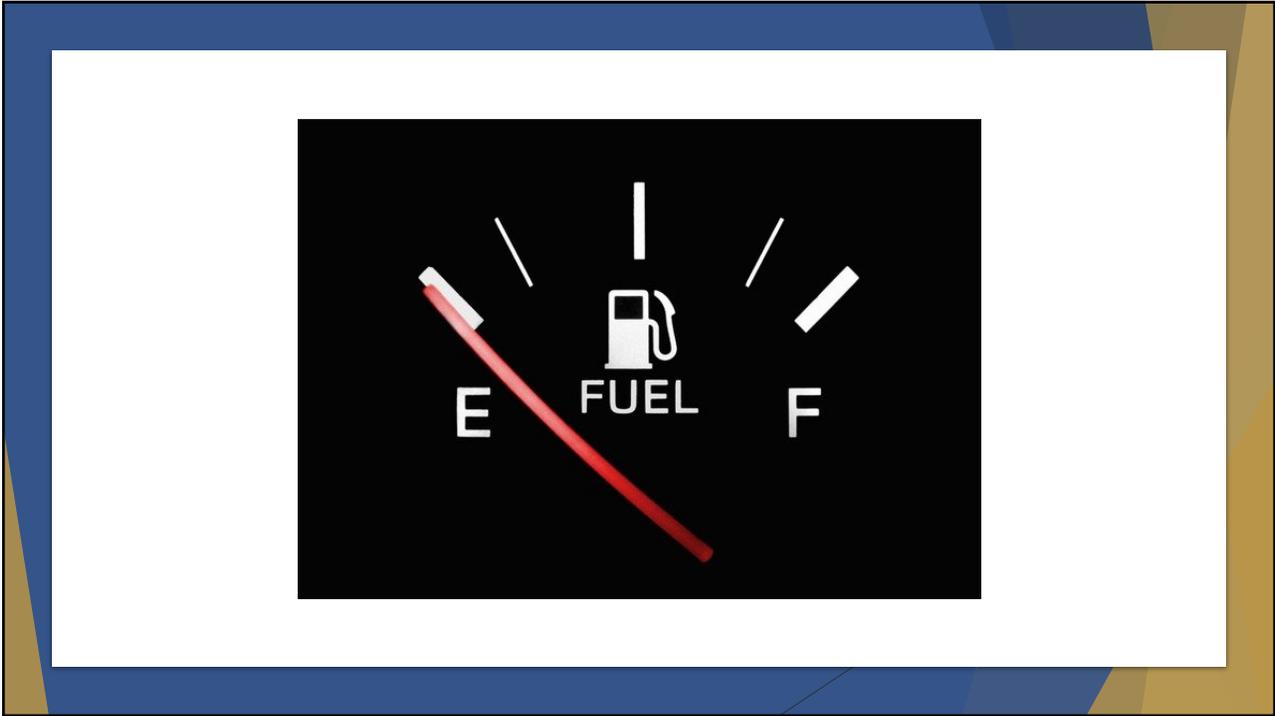




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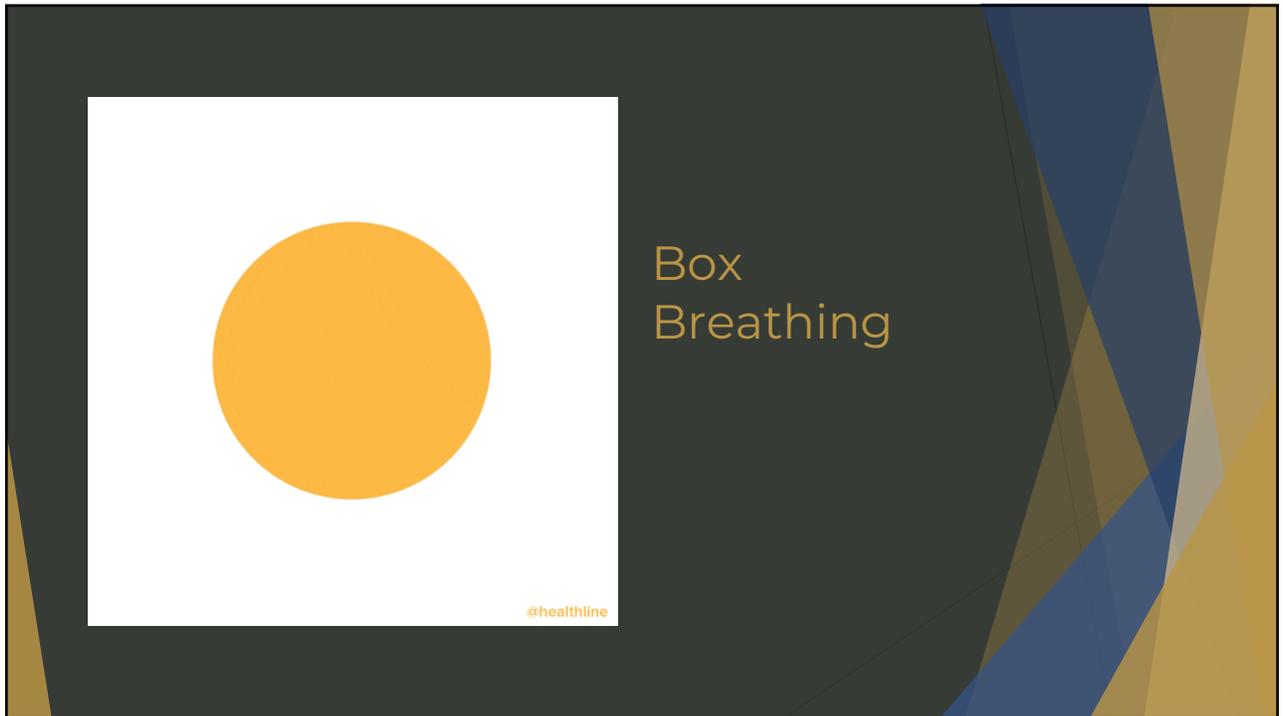
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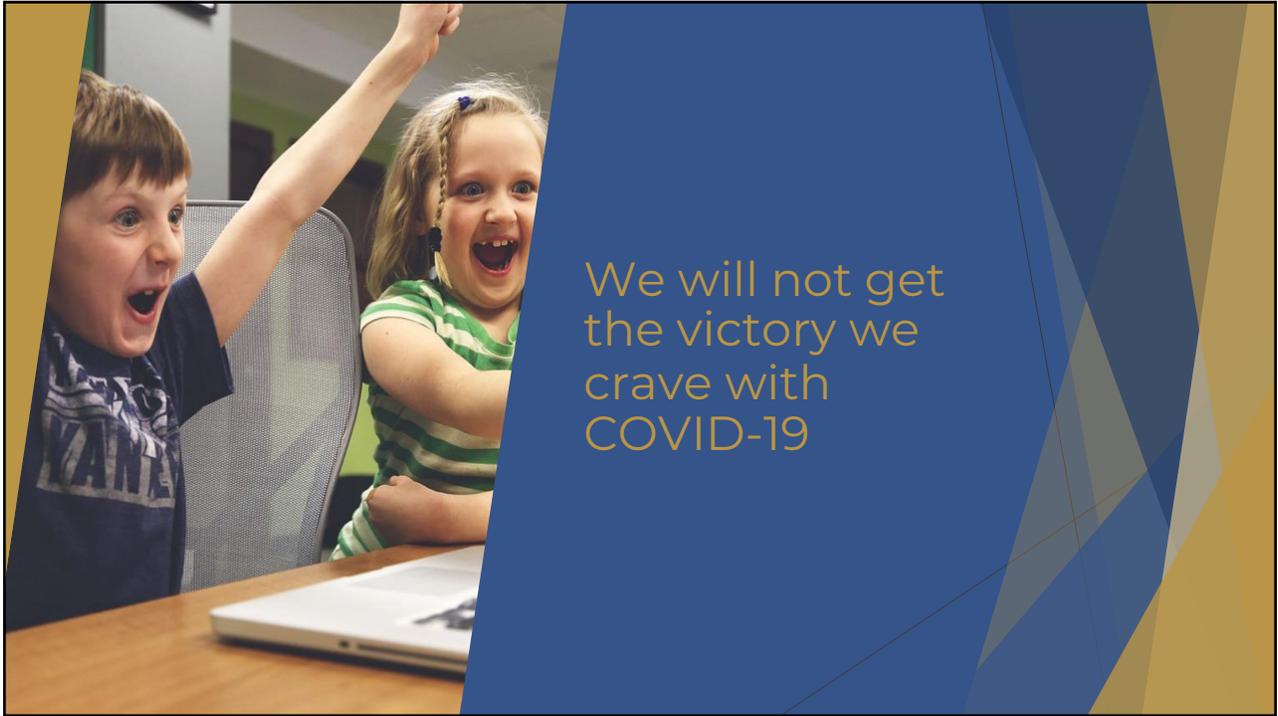
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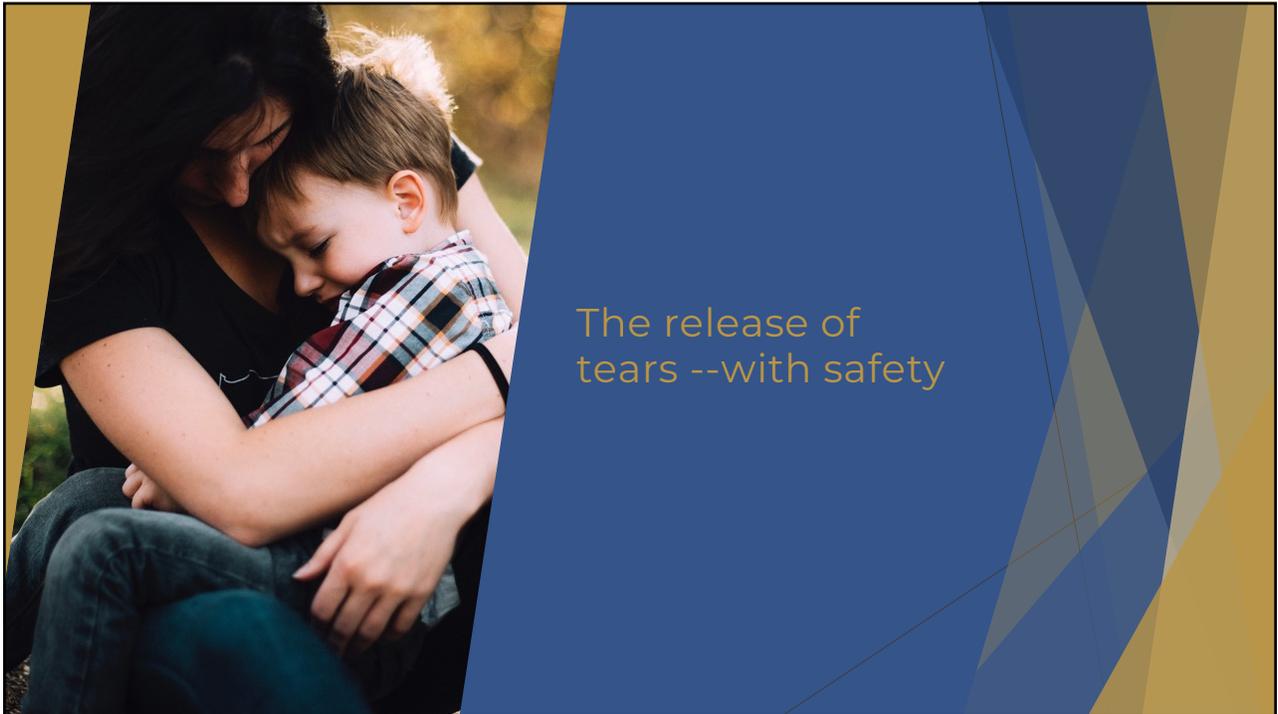
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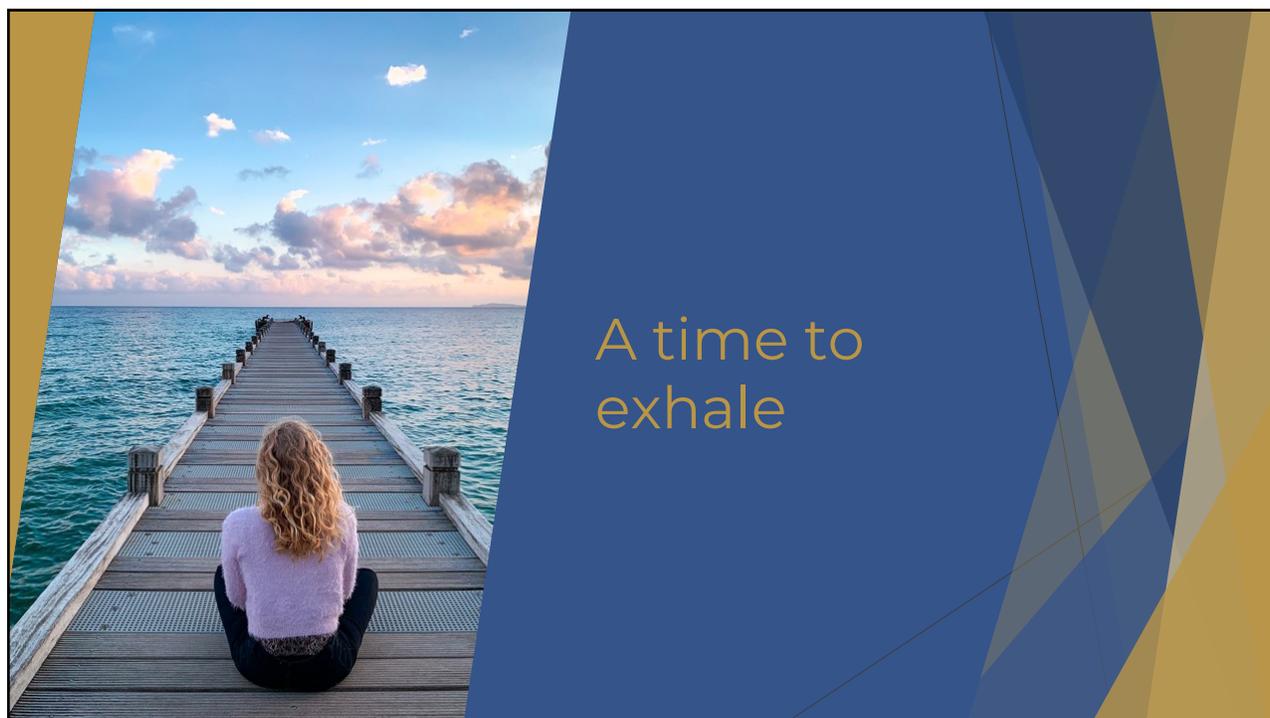
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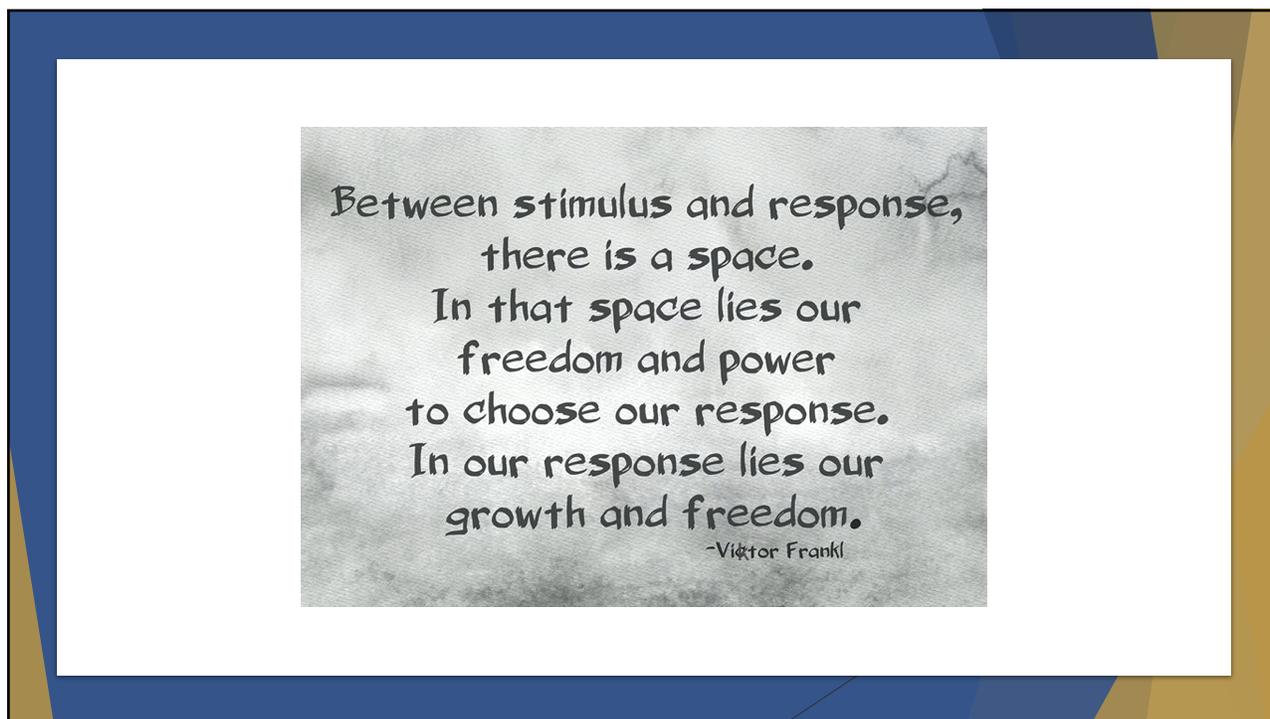
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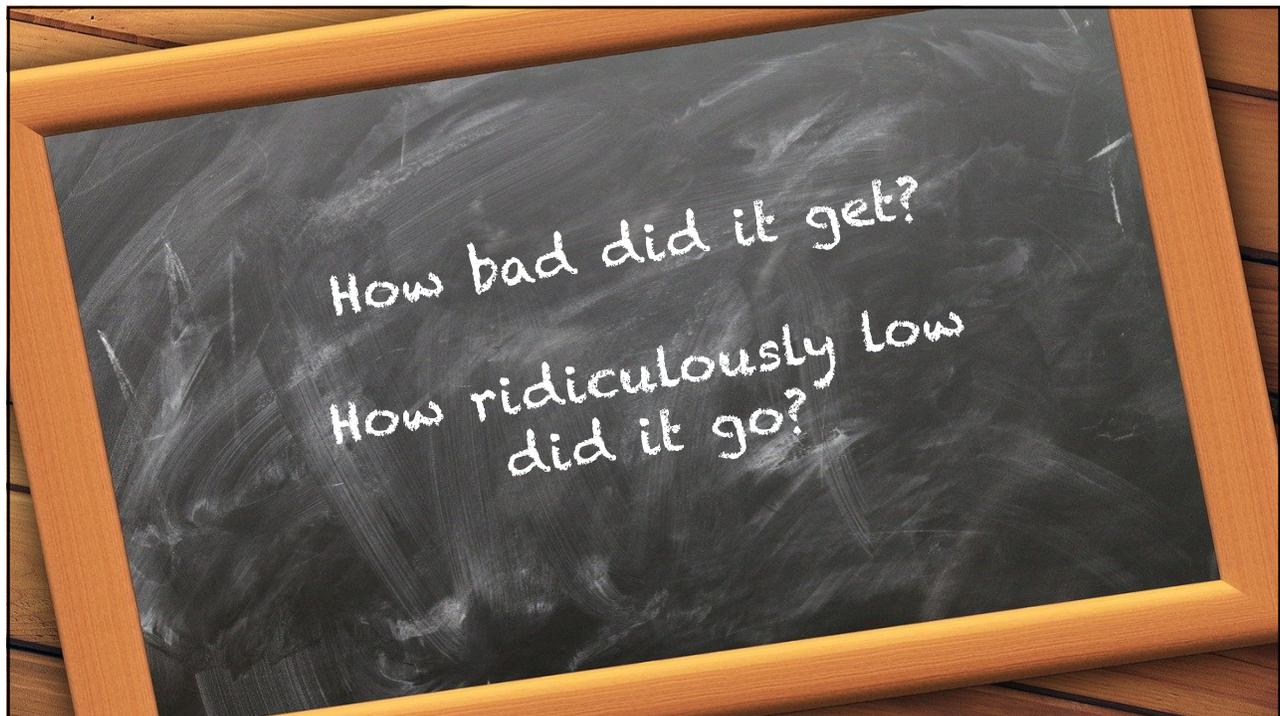


12

COVID-19 AND ALL ITS IMPLICATIONS ARE STRESSFUL FOR US ALL. NONE OF US ARE ON OUR BEST GAME

This is—and will continue to be—a time of Stress/Distress that creates pain

13

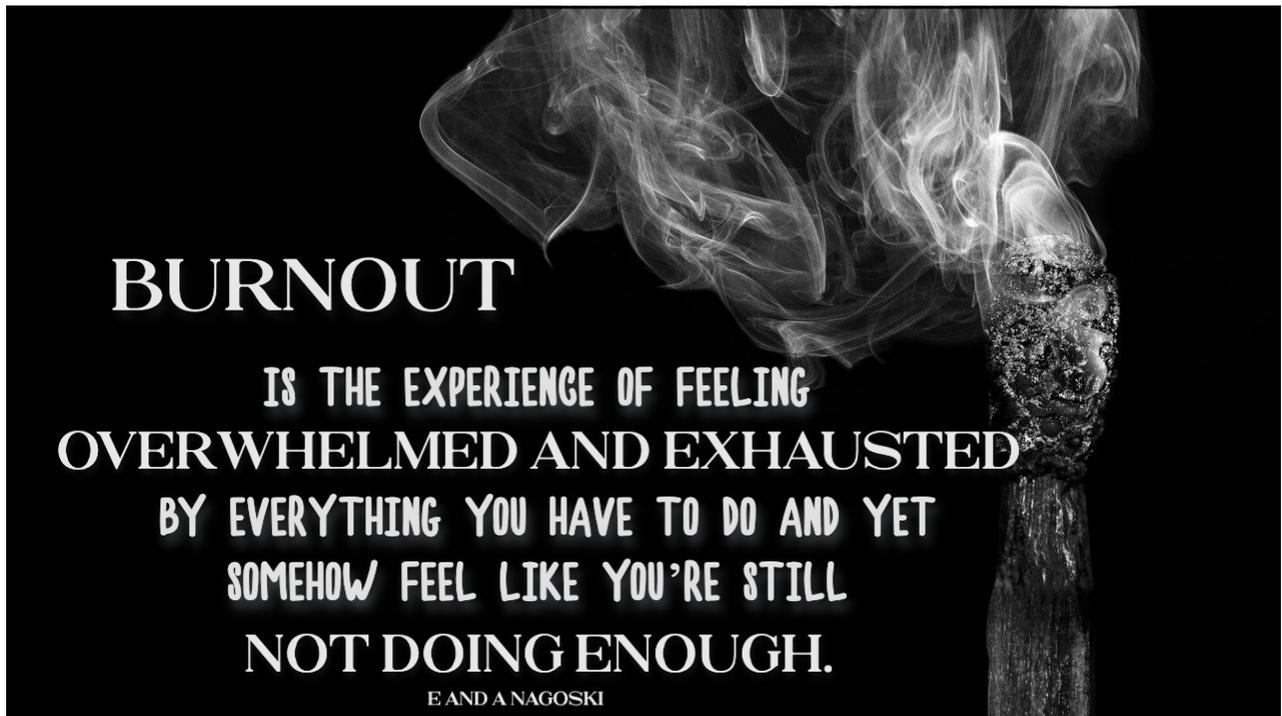


14



The Reality:
Burnout

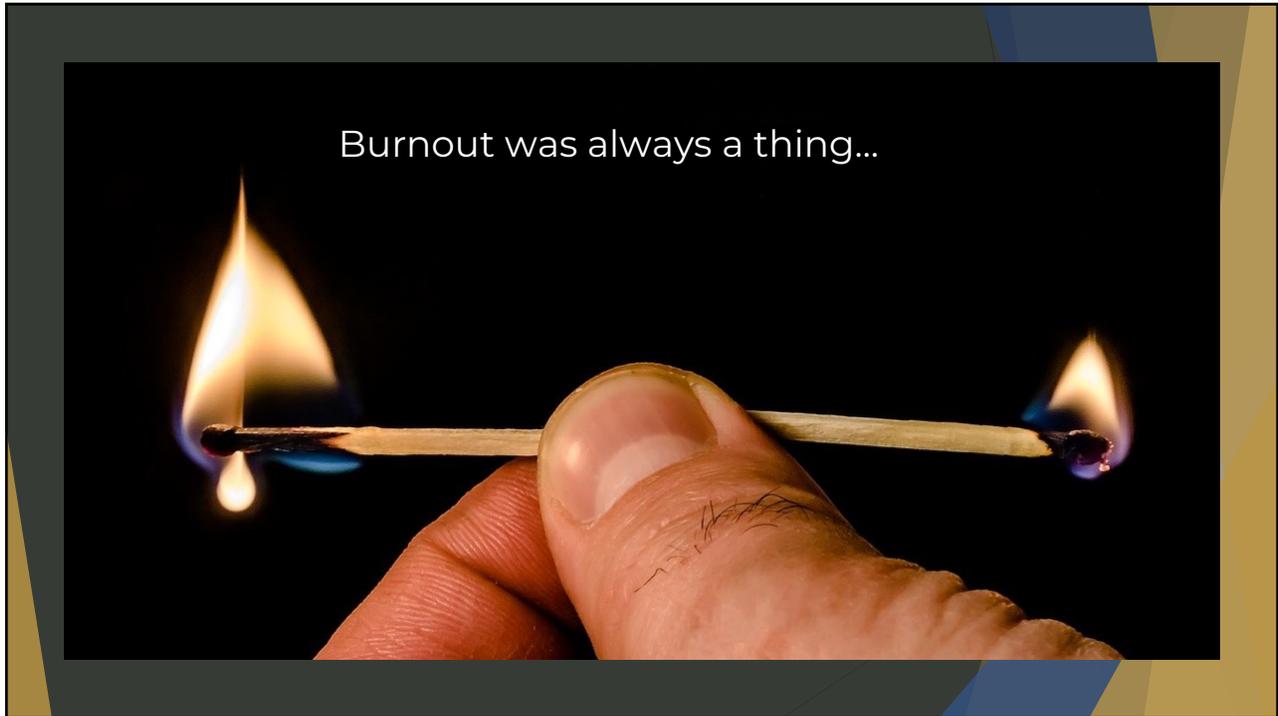
15



BURNOUT
IS THE EXPERIENCE OF FEELING
OVERWHELMED AND EXHAUSTED
BY EVERYTHING YOU HAVE TO DO AND YET
SOMEHOW FEEL LIKE YOU'RE STILL
NOT DOING ENOUGH.

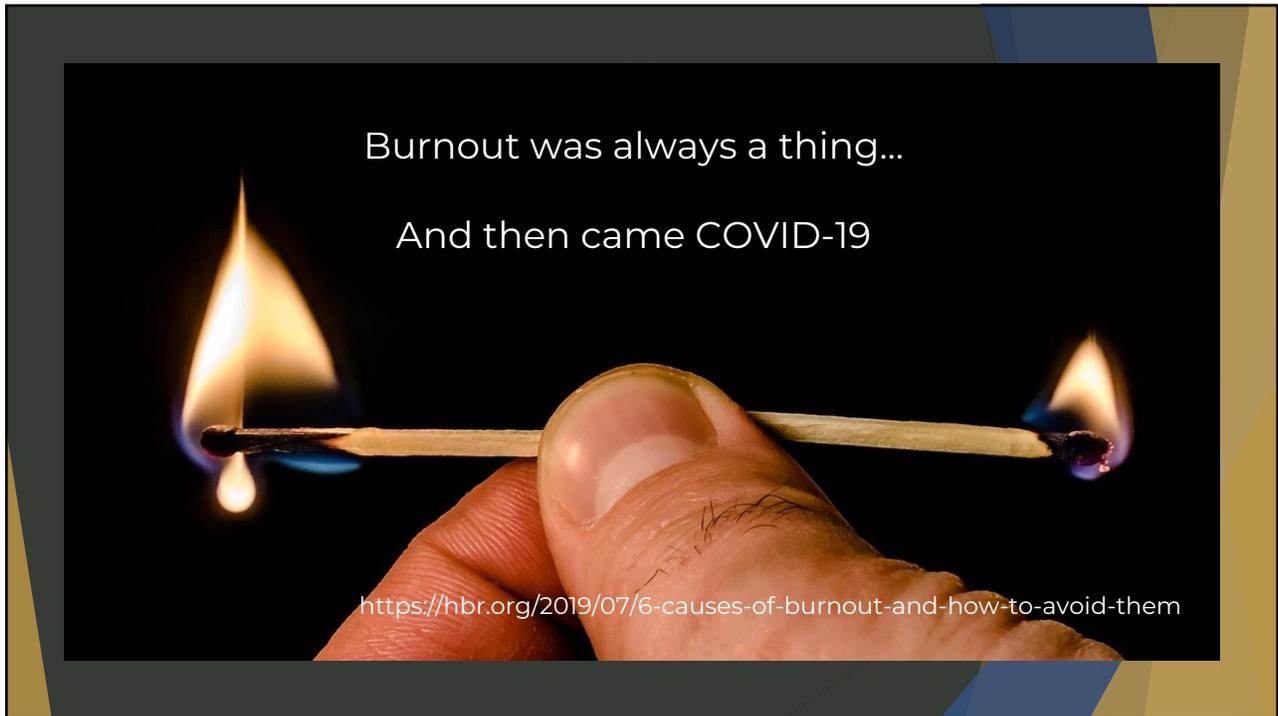
E AND A NAGOSKI

16



Burnout was always a thing...

17

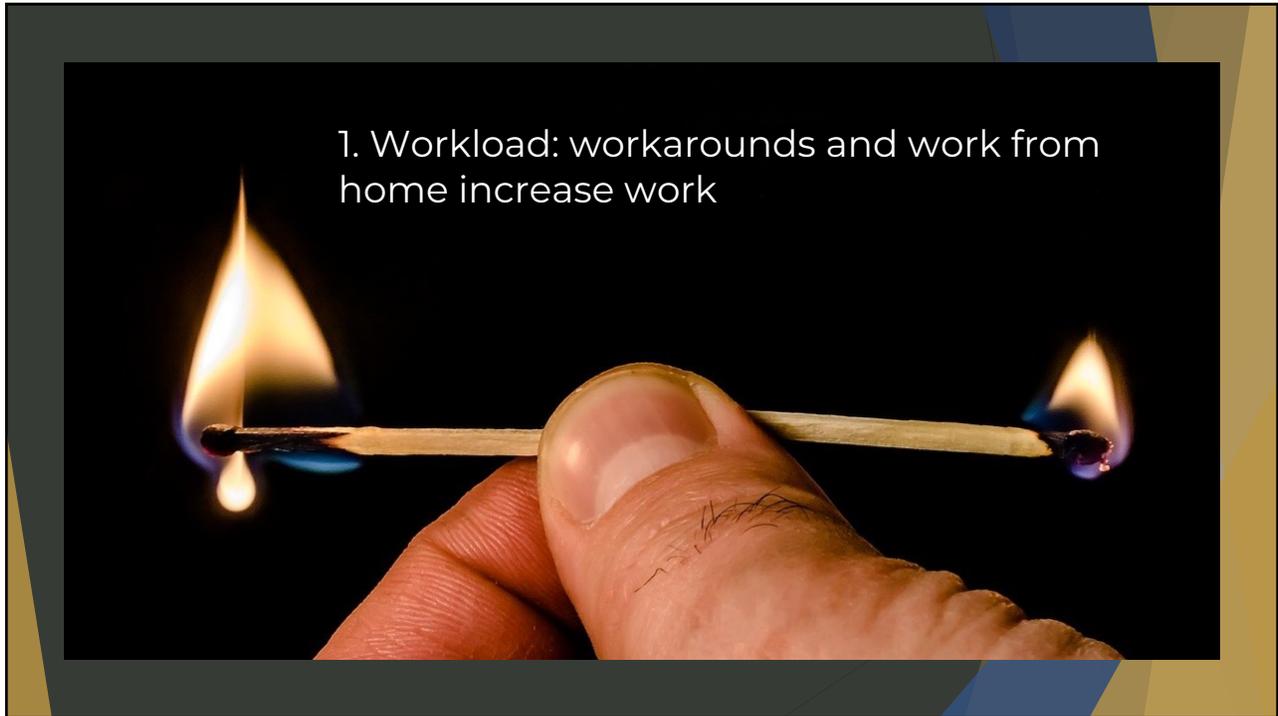


Burnout was always a thing...

And then came COVID-19

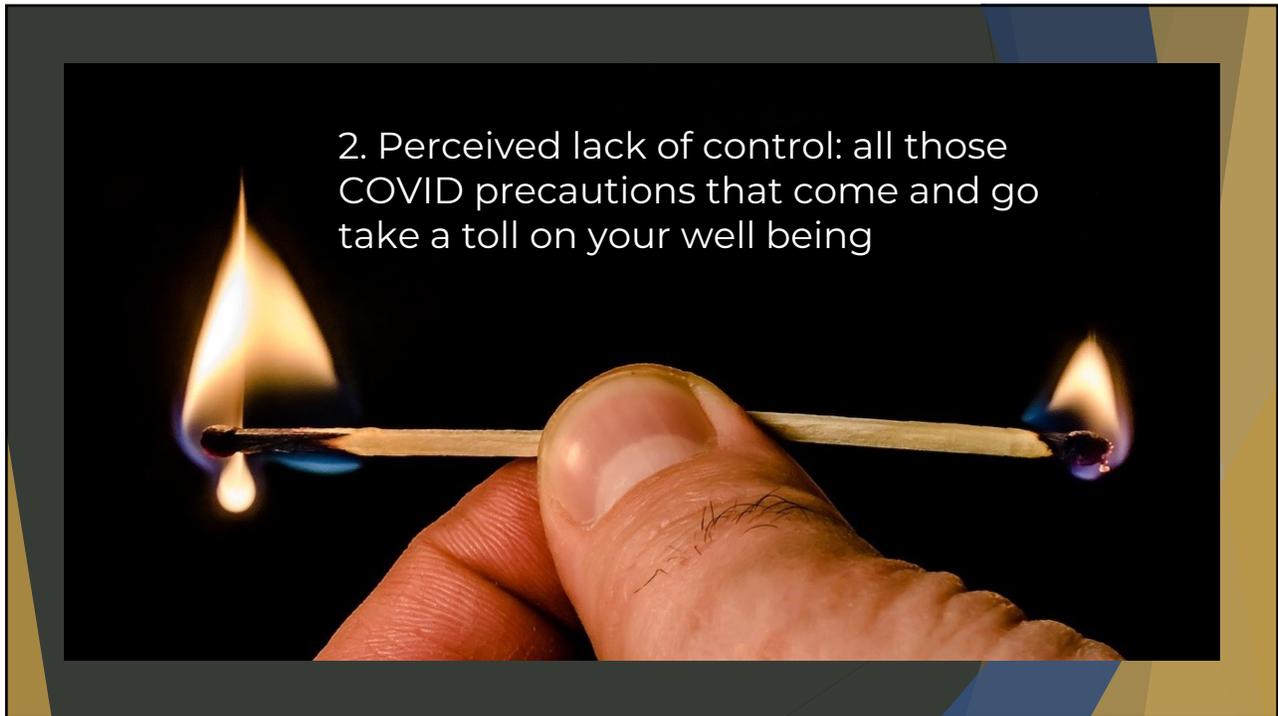
<https://hbr.org/2019/07/6-causes-of-burnout-and-how-to-avoid-them>

18



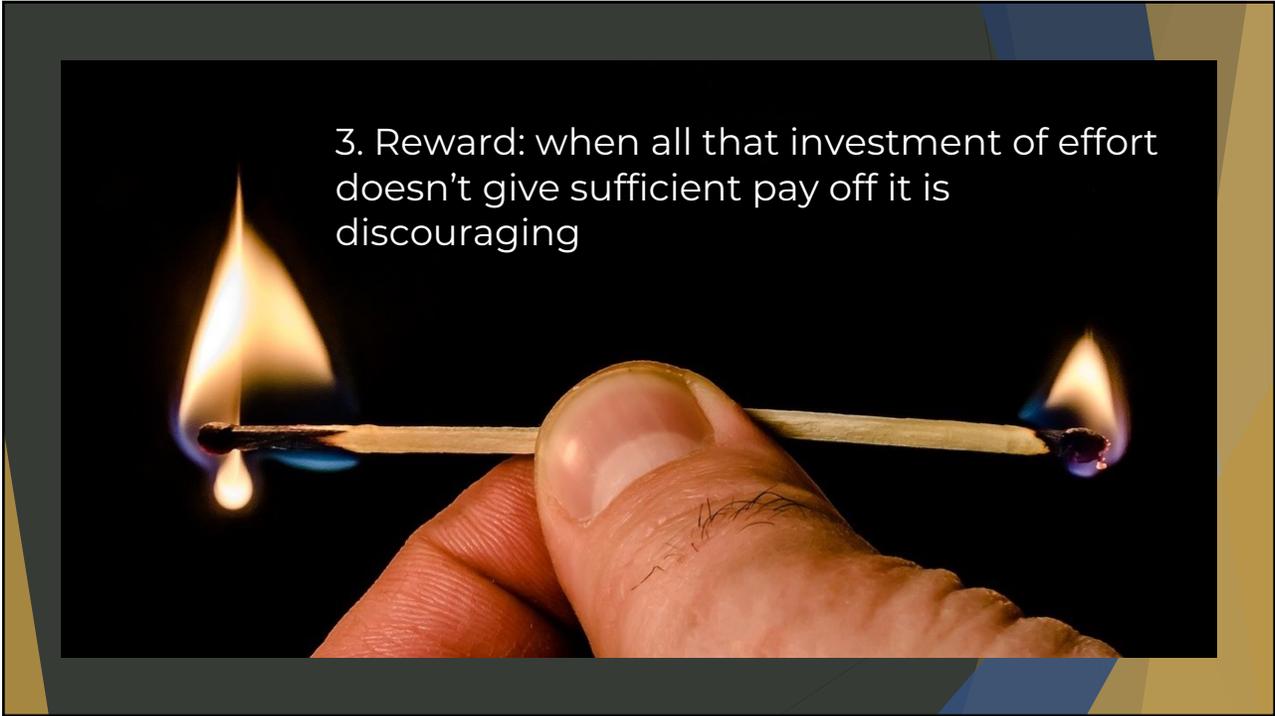
1. Workload: workarounds and work from home increase work

19



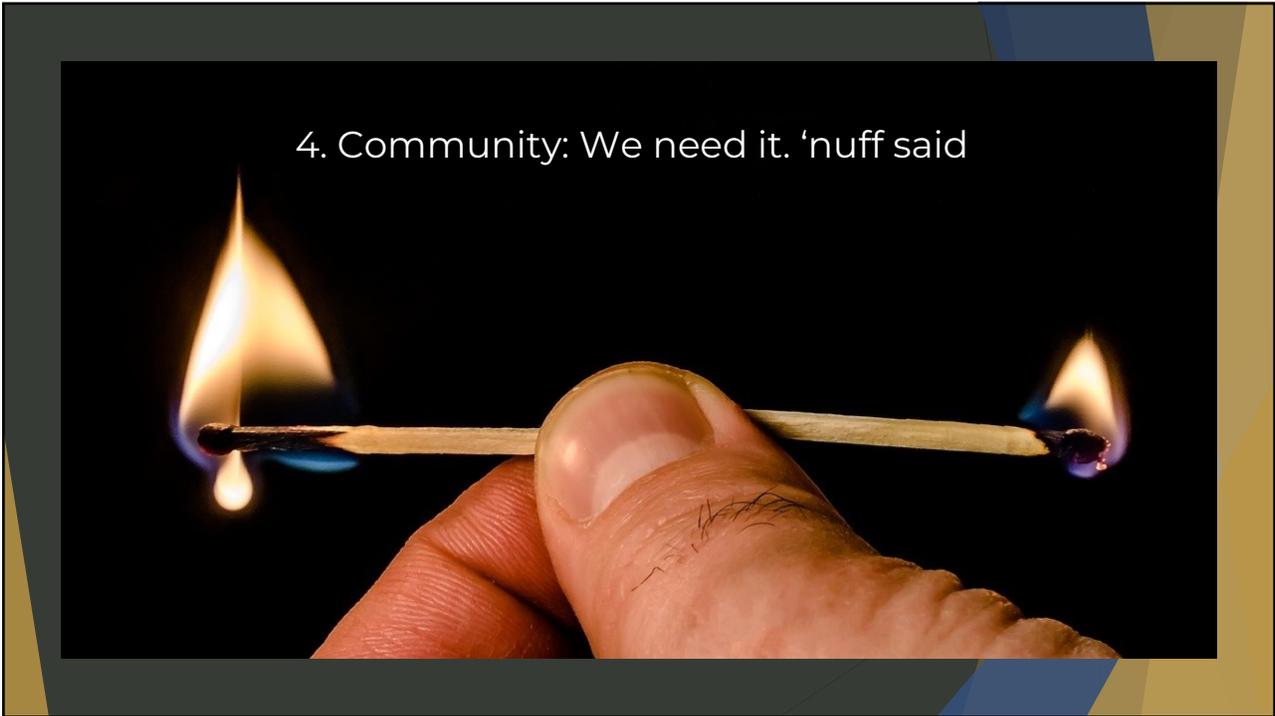
2. Perceived lack of control: all those COVID precautions that come and go take a toll on your well being

20



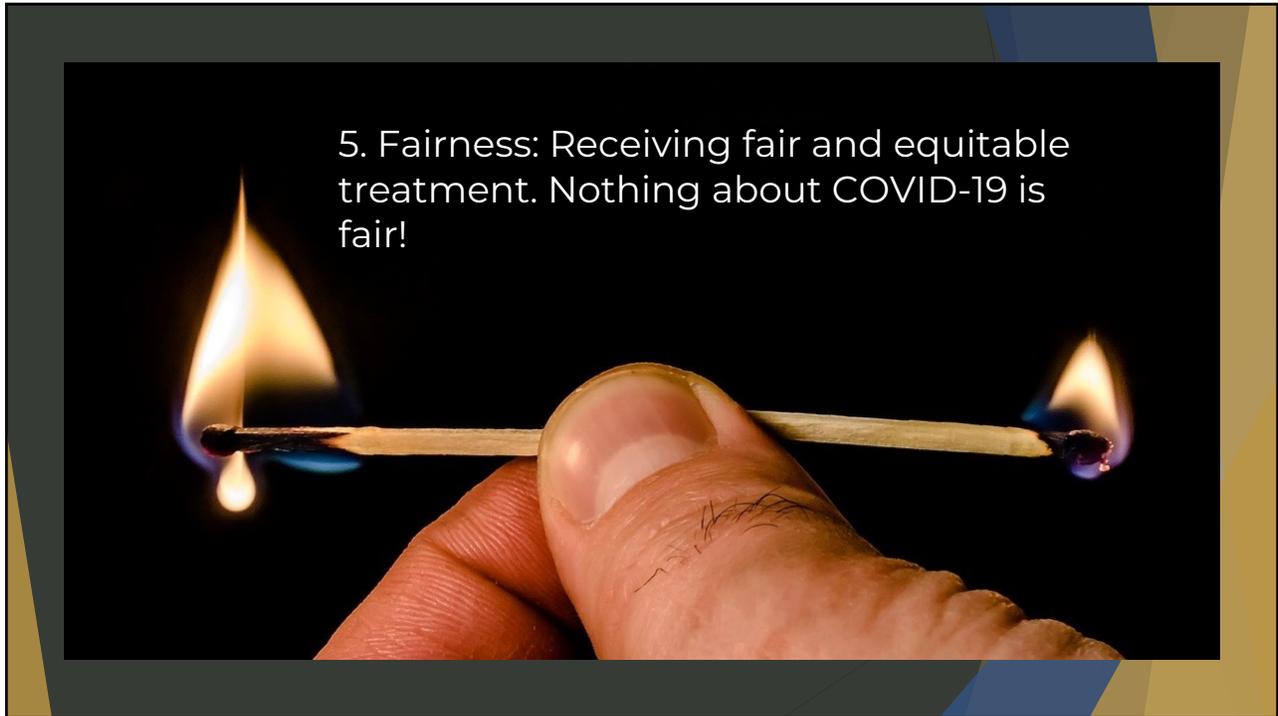
3. Reward: when all that investment of effort doesn't give sufficient pay off it is discouraging

21

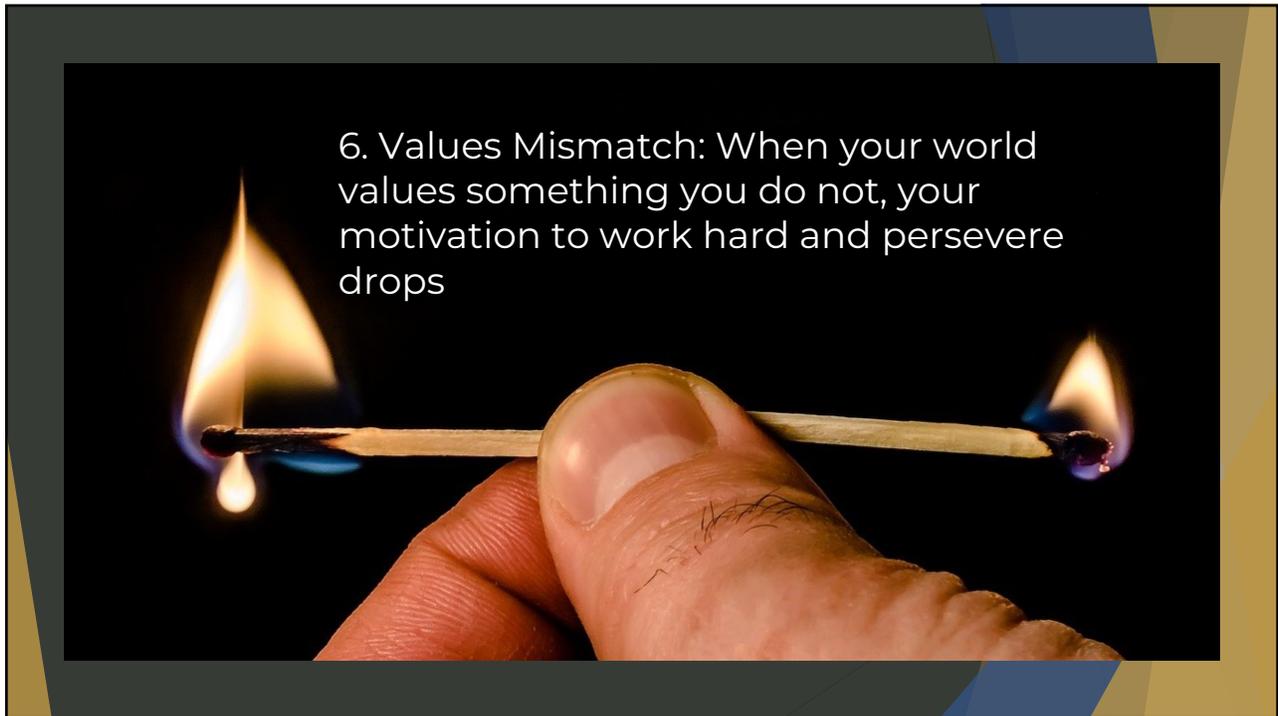


4. Community: We need it. 'nuff said

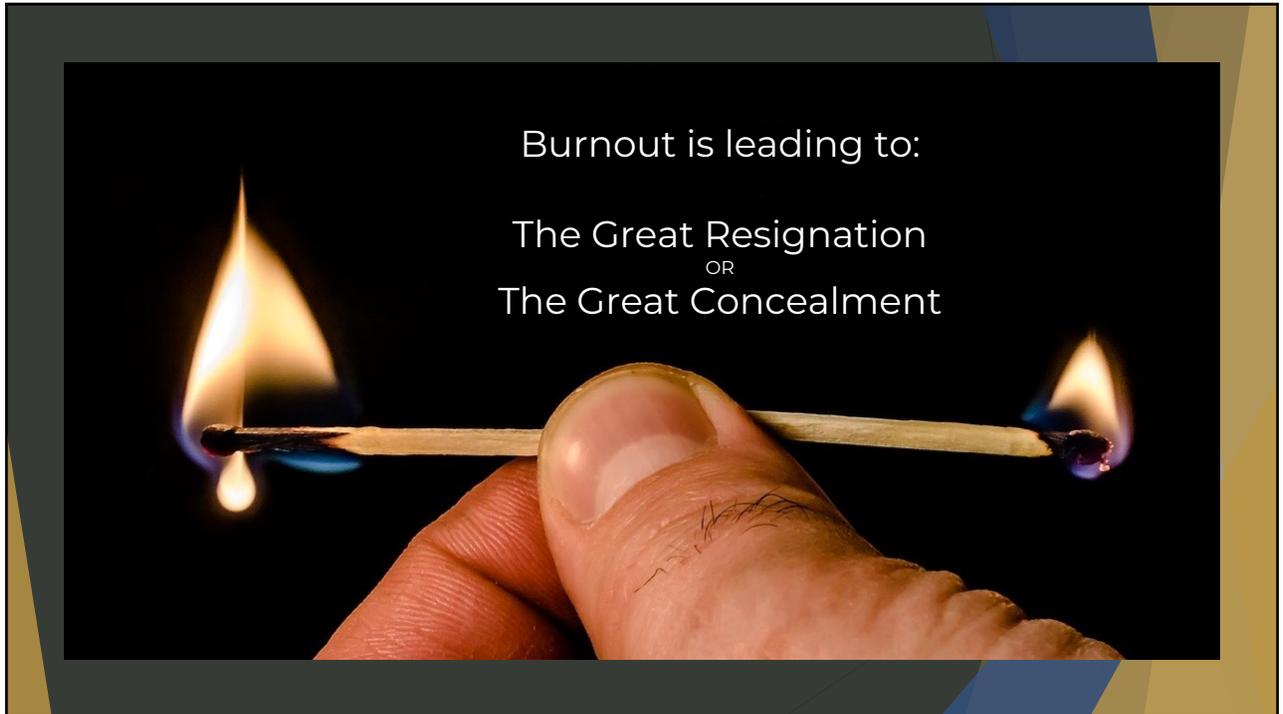
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23

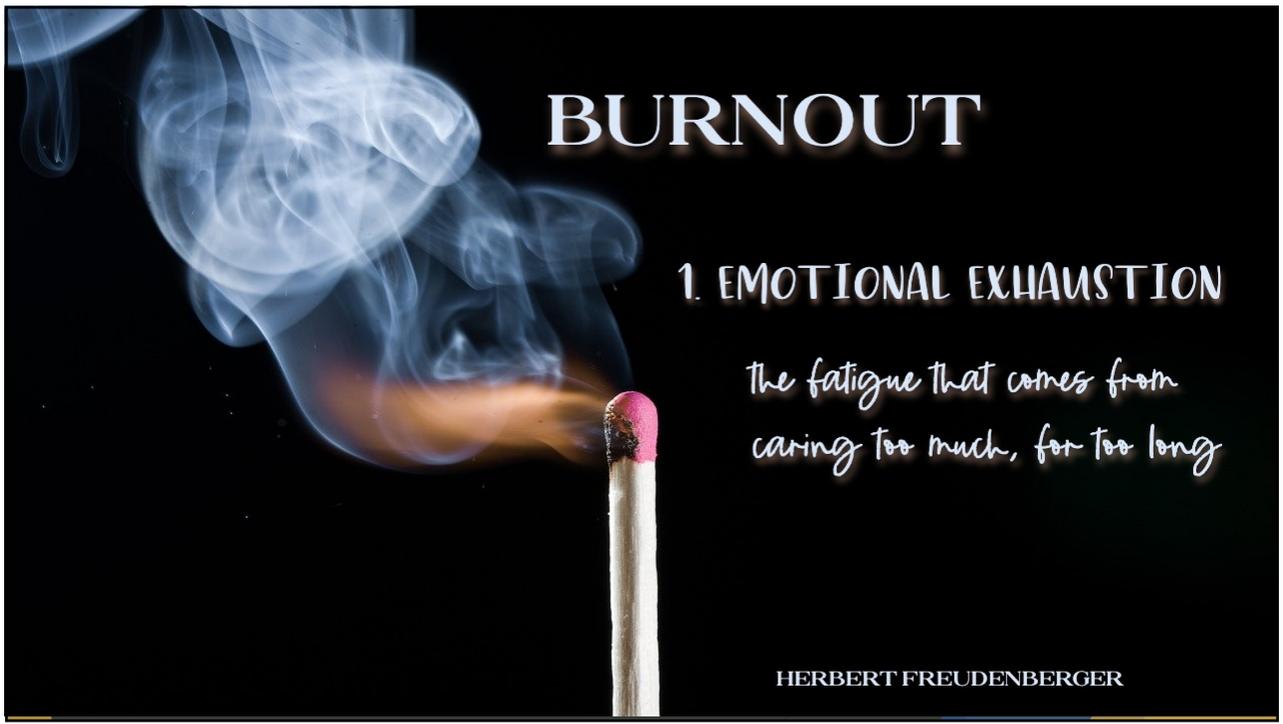


24



Burnout is leading to:
The Great Resignation
OR
The Great Concealment

25



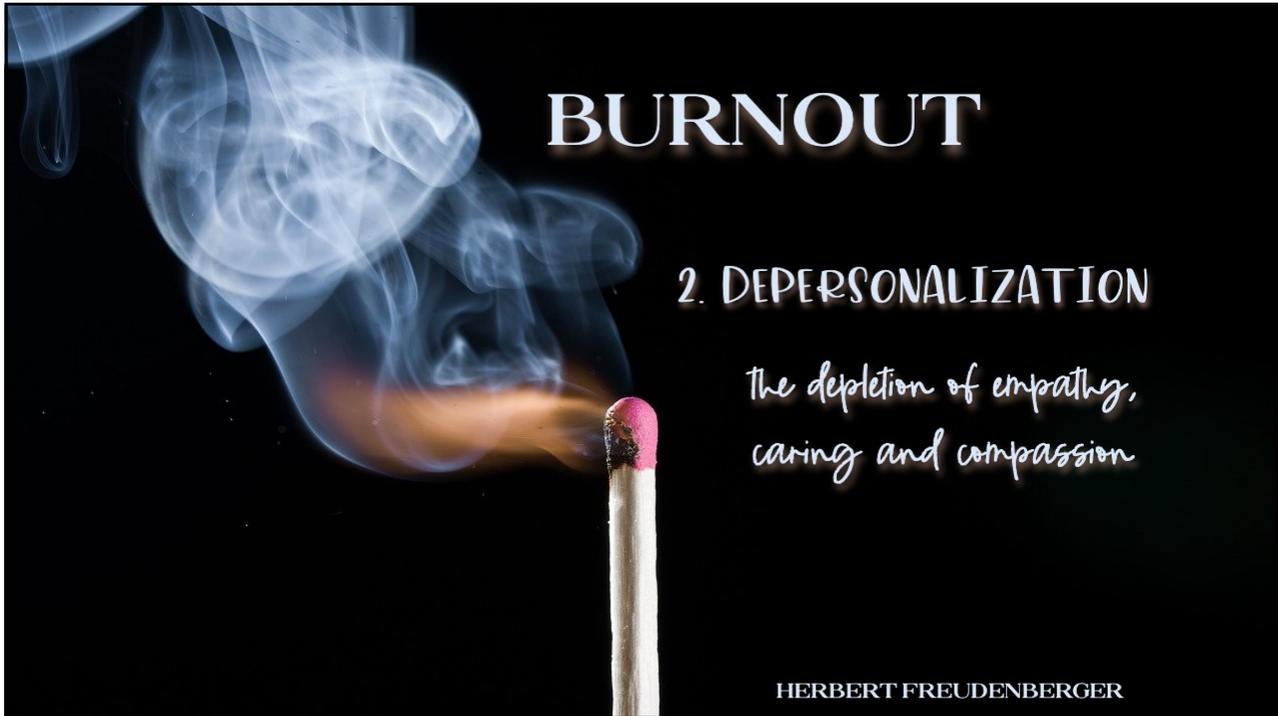
BURNOUT

1. EMOTIONAL EXHAUSTION

*the fatigue that comes from
caring too much, for too long*

HERBERT FREUDENBERGER

26



BURNOUT

2. DEPERSONALIZATION

*the depletion of empathy,
caring and compassion*

HERBERT FREUDENBERGER

27



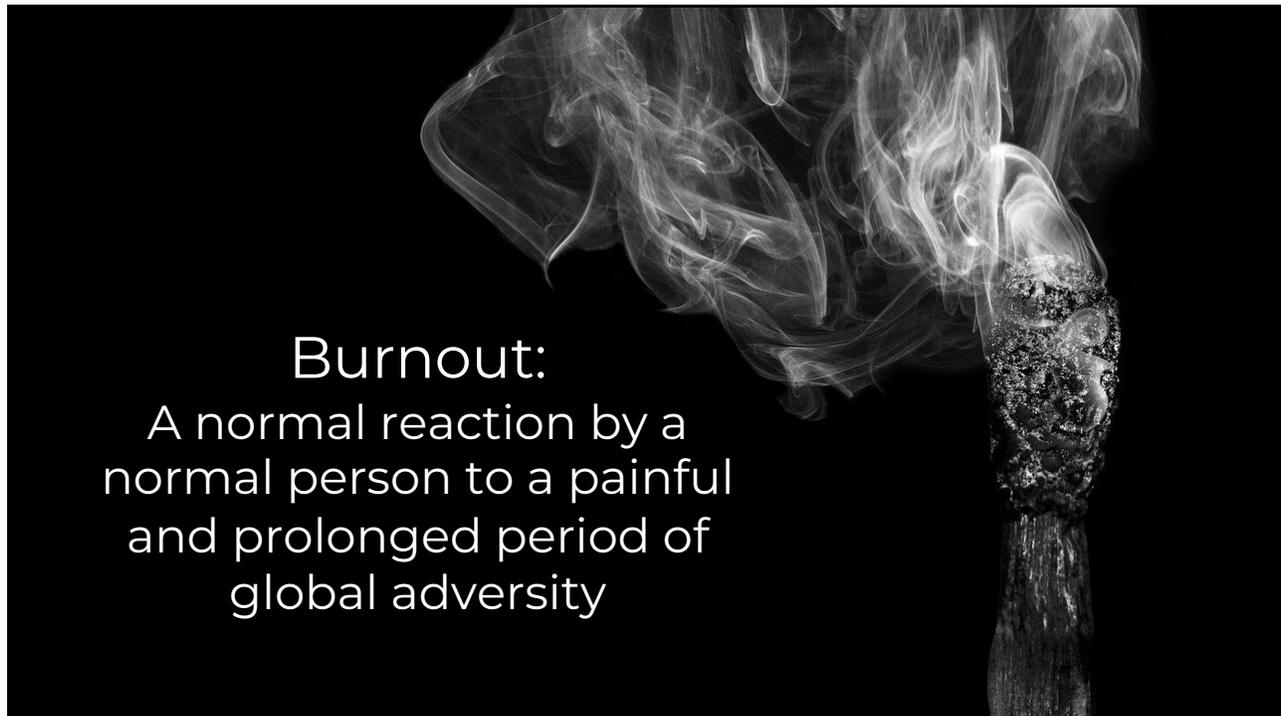
BURNOUT

3. DECREASED SENSE OF ACCOMPLISHMENT

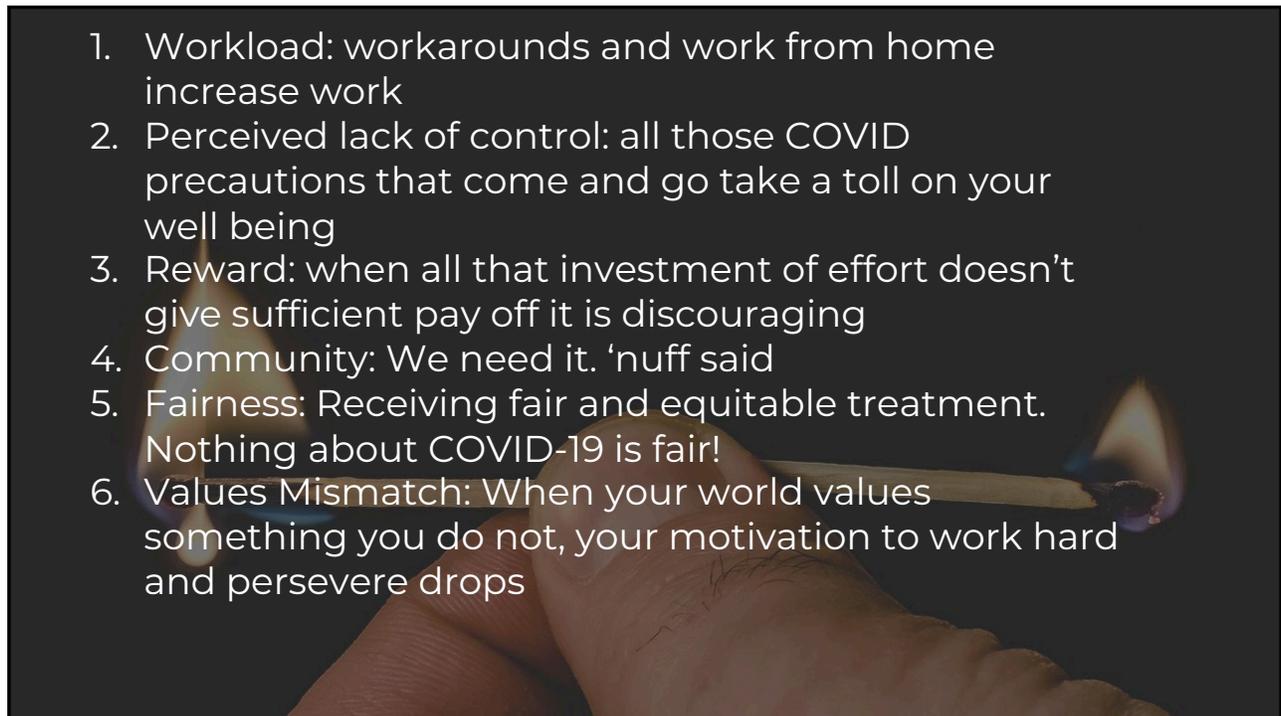
*an unconquerable sense of
futility: feeling that nothing
you do makes any difference*

HERBERT FREUDENBERGER

28



29



30



COVID-19 stress raises the idling rpm's of our spirits.

This will impact how we react to all other stressors.

Recognizing the multiple factors of stress/hurt

- ▶ What has and is impacting your RPM's?
 - ▶ Teaching stressed children
 - ▶ Concern for loved ones
 - ▶ Loneliness/Isolation
 - ▶ Lack of leisure/friend contact
 - ▶ Technology hassles
 - ▶ Constant changes in restrictions
 - ▶ The “unknowing-ness” of COVID-19— When will it end? How will Omicron play out?
 - ▶ Political/social division
 - ▶ Decision Fatigue: How do I do right when there is no “right” answer?

31



Grief

32

What do/did you Grieve?

- ▶ Restaurant with friends
- ▶ Weddings or funerals
- ▶ Alone time at home
- ▶ Weekday lunch with friends
- ▶ Banter during work meetings
- ▶ A movie at the theatre
- ▶ Breaks from the kids while they are out doing their thing
- ▶ Being able to see people's faces-microfeedback
- ▶ Hug from a friend
- ▶ Driving in the car to work
- ▶ Interesting stories from your partner about the day
- ▶ Vacation via an airplane
- ▶ The hoped-for Christmas/New Years that got changed at the last moment
- ▶ And on, and on and on,
for months and months...

33

Grief

- ▶ Loss
- ▶ Longing
- ▶ Lost

34



THIS LEVEL OF SOCIAL DISTANCING AND LACK OF PHYSICAL TOUCH IS DISTRESSING. IT'S SUPPOSED TO BE-- BECAUSE WE'RE HUMAN

35



Sequoia Trees - 80 metres tall

- ▶ Look for the six foot tall man at the bottom!

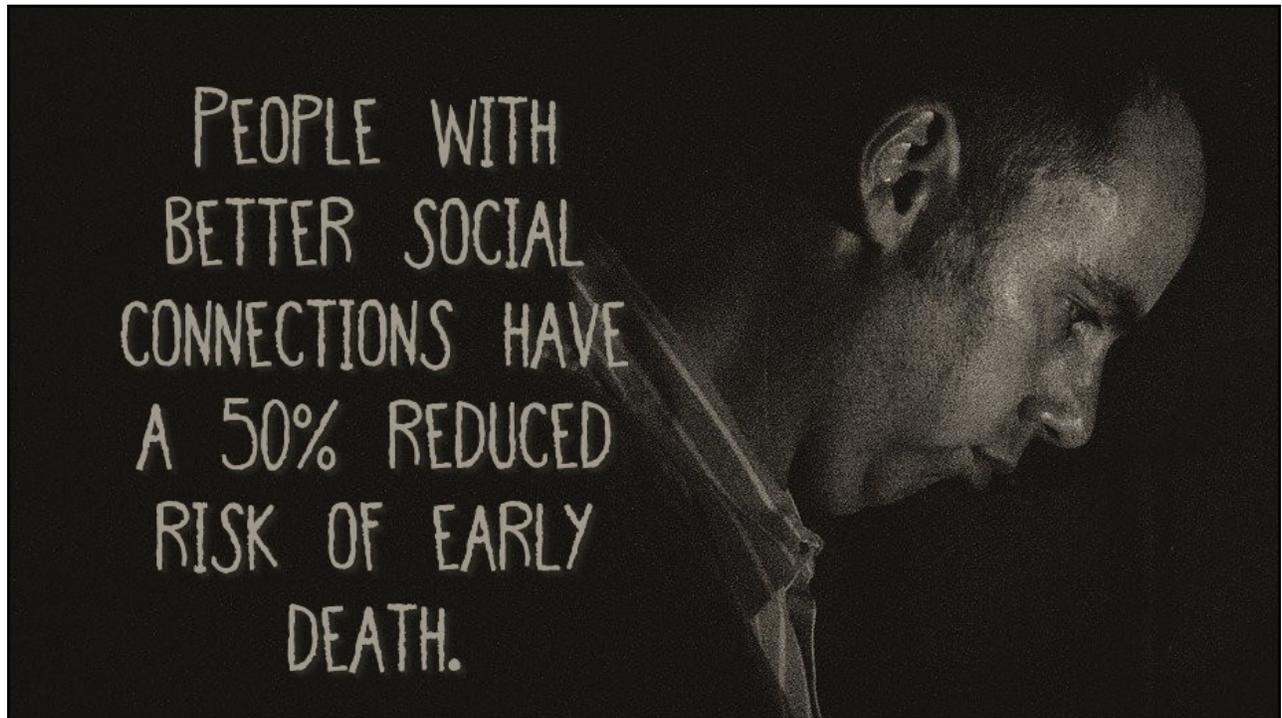
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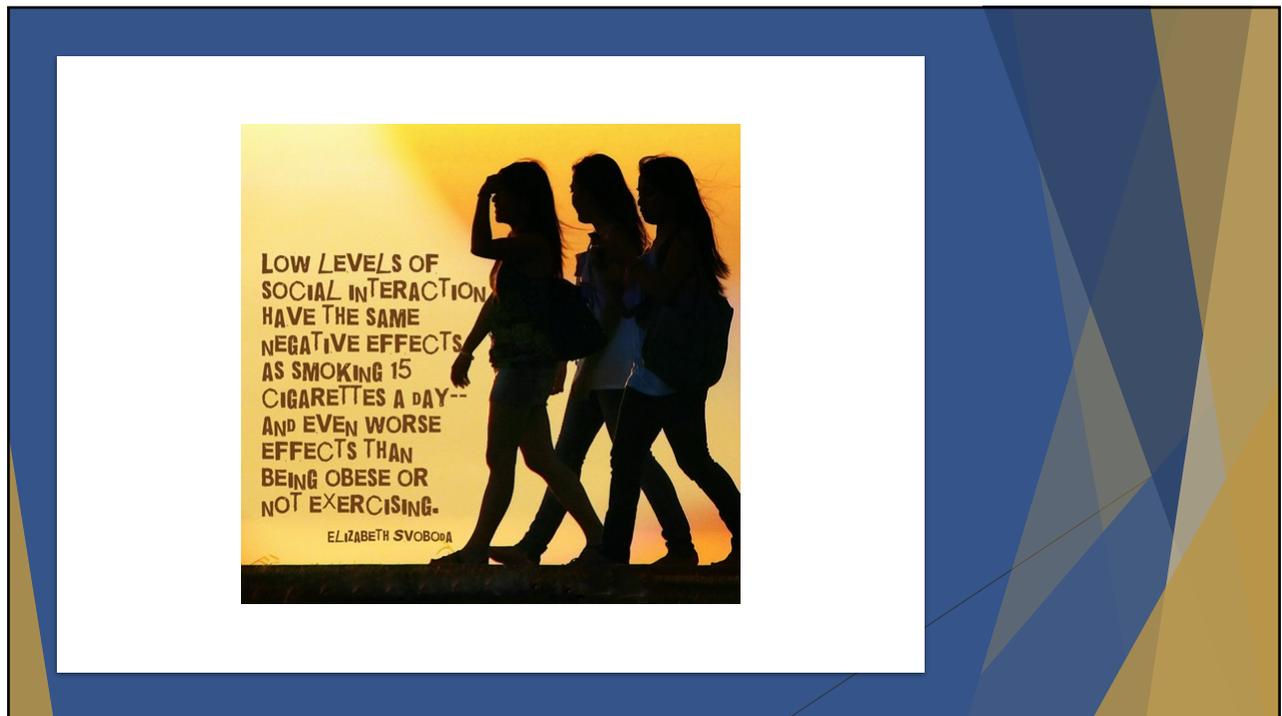
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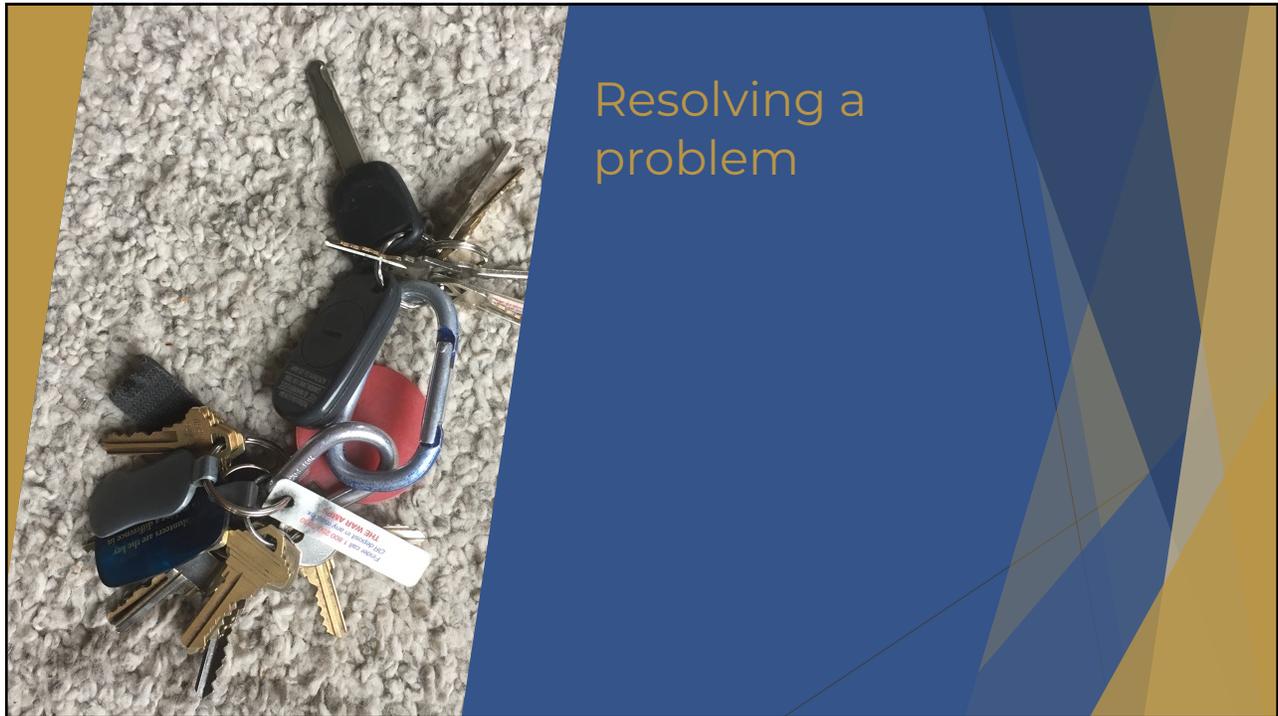


41

THE VERY THING--CONNECTION--
THAT IS AS ESSENTIAL TO HUMANS
AS FOOD, WATER, AND OXYGEN
IS WHAT THE VIRUS COVID-19 USES TO SPREAD.

2m

42



43



44



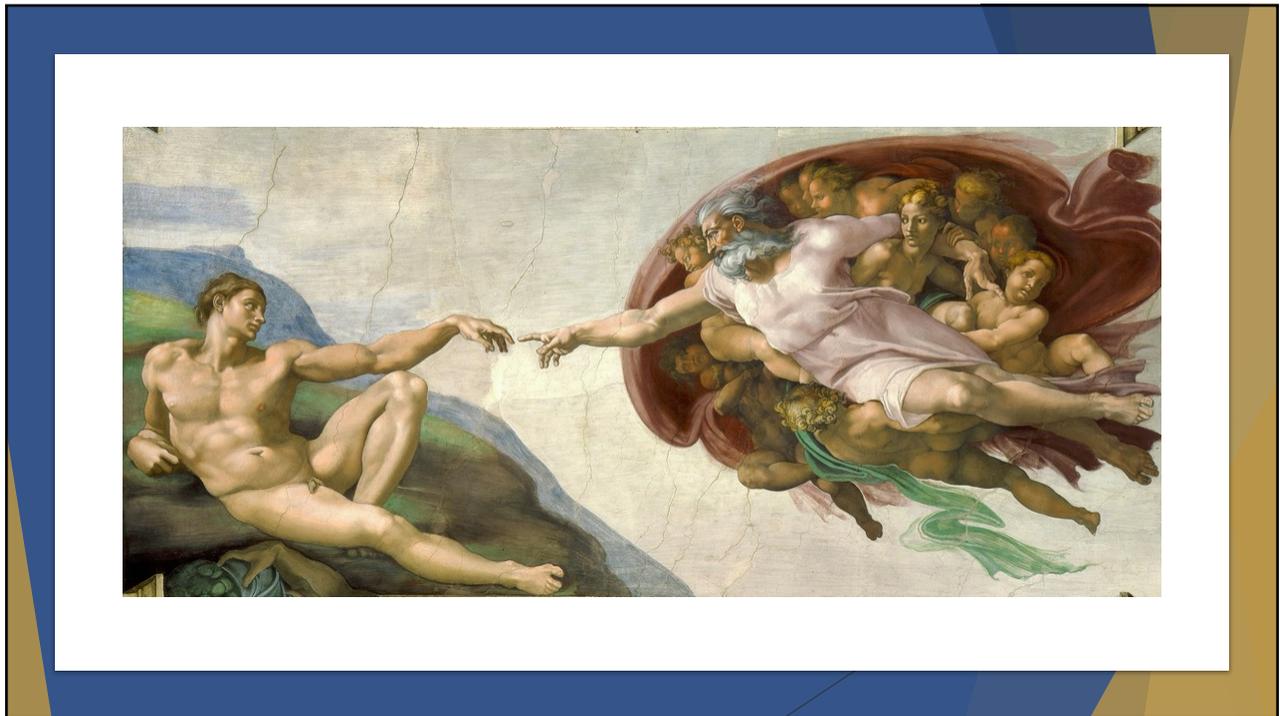
45



46



47



48



49



50



We are wired for connection
It was hard even before the pandemic.

PHOTO BY IAN
MCCLAUSLAND

51



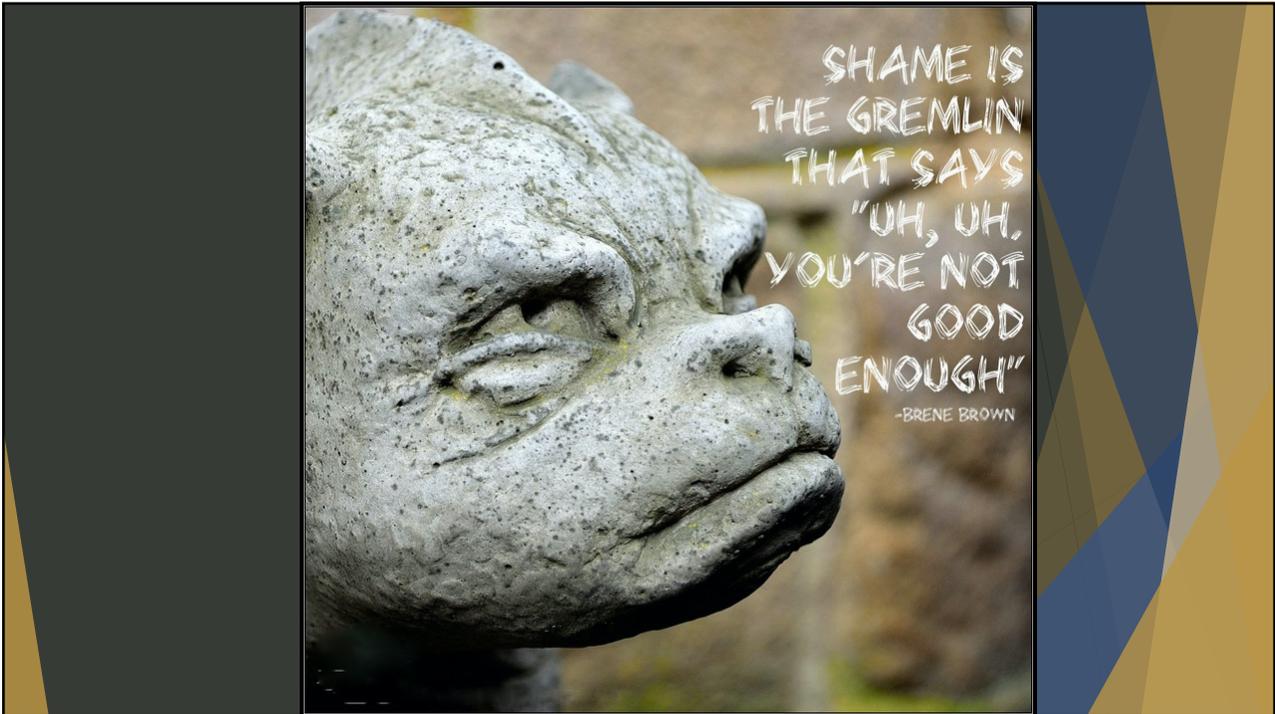
SHAME IS THE FEAR
OF DISCONNECTION

52



SHAME IS THE INTENSELY PAINFUL
FEELING OR EXPERIENCE OF BELIEVING
THAT WE ARE FLAWED AND THEREFORE
UNWORTHY OF LOVE AND BELONGING

53

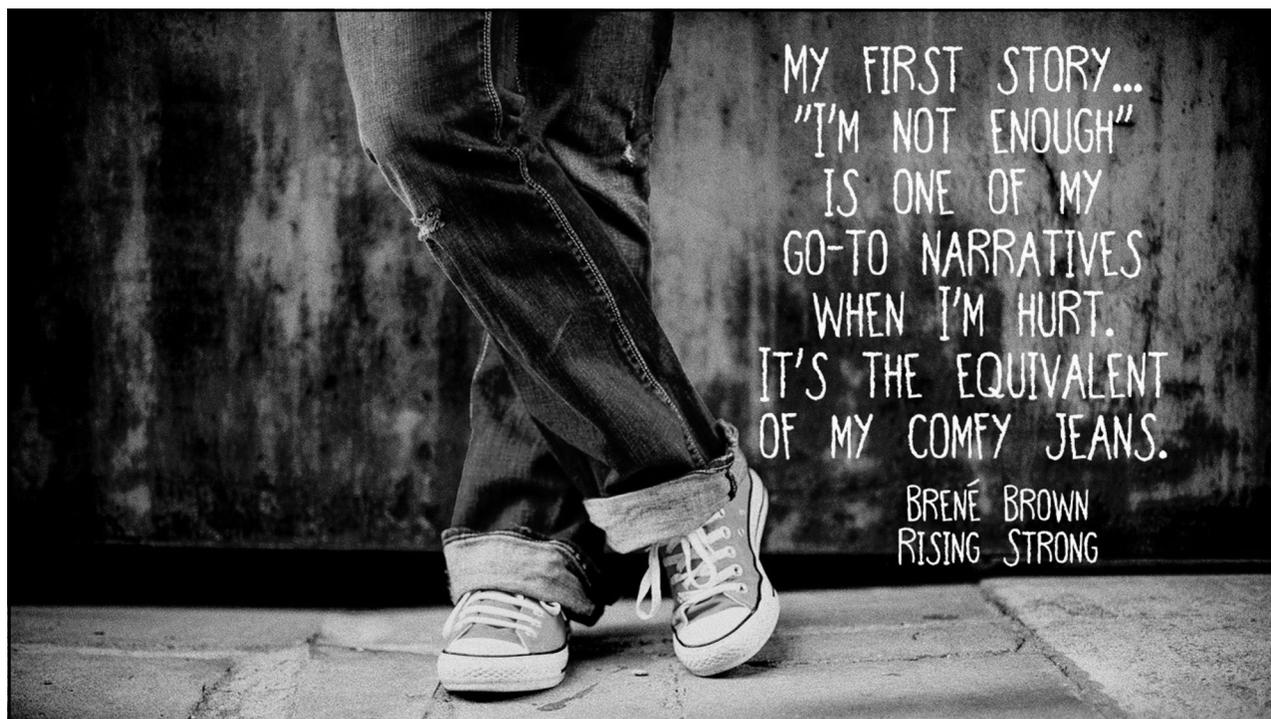


SHAME IS
THE GREMLIN
THAT SAYS
"UH, UH,
YOU'RE NOT
GOOD
ENOUGH"
-BRENE BROWN

54



55

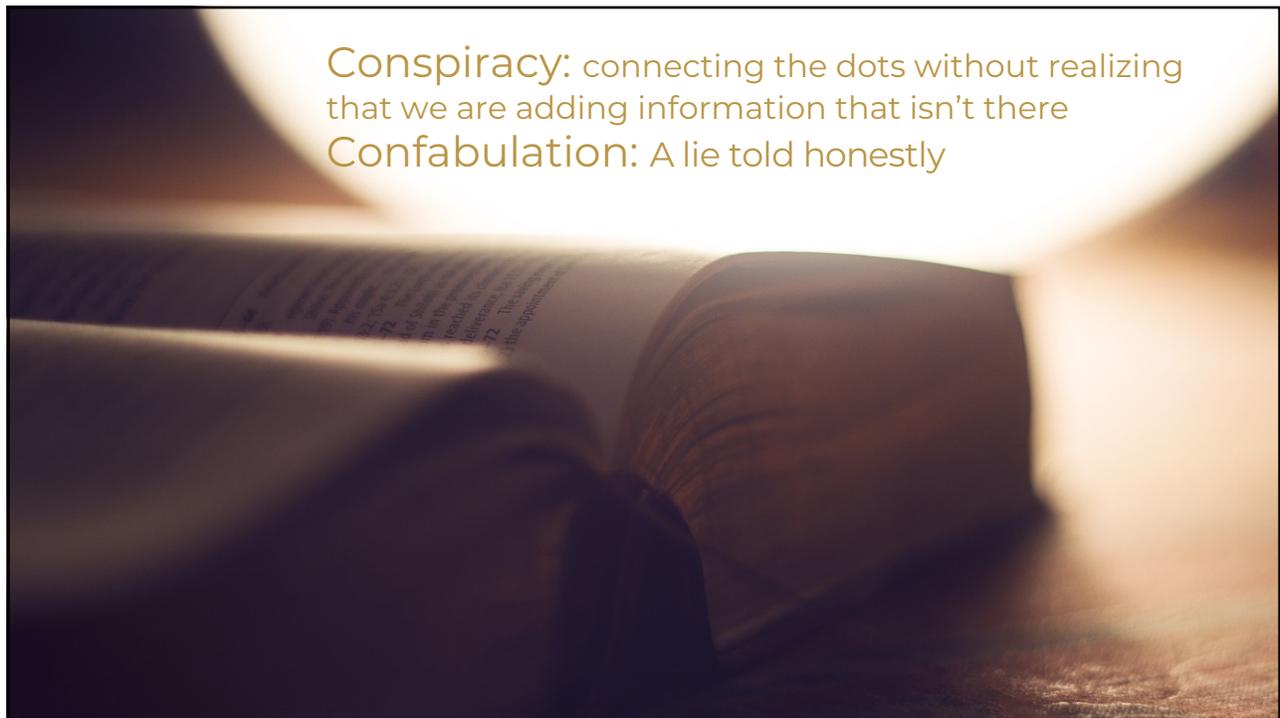


56



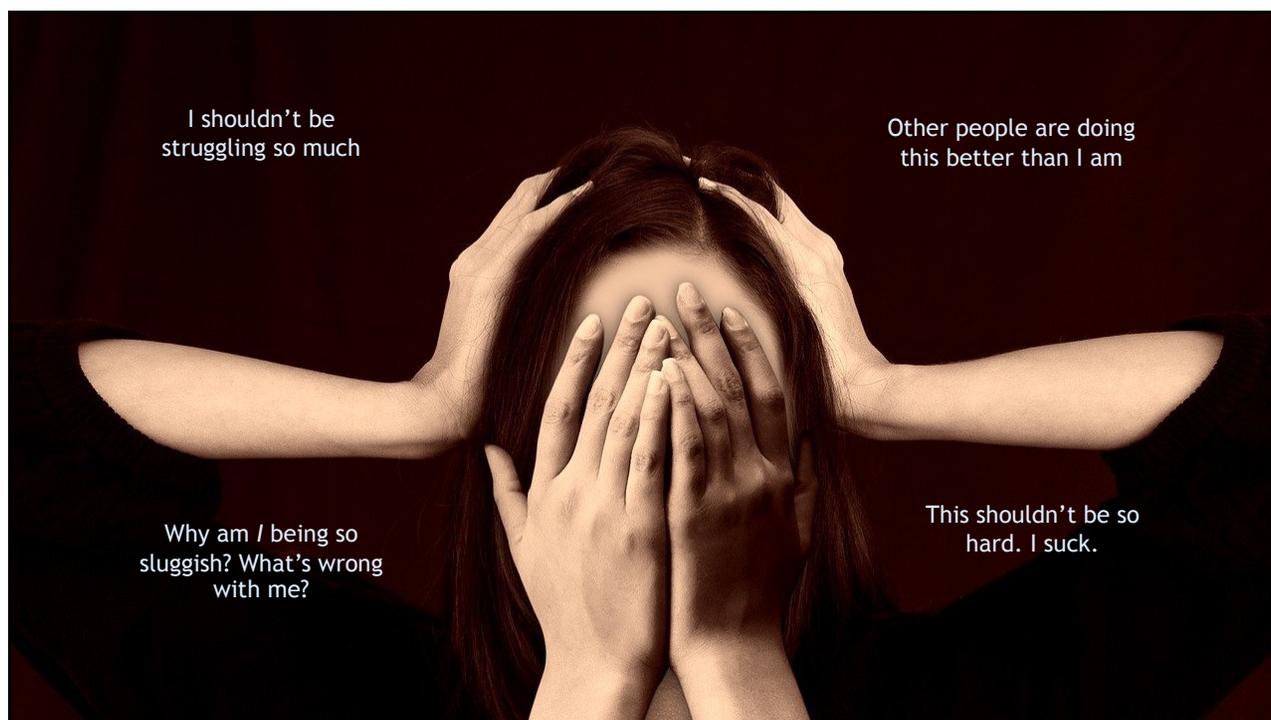
The story I tell myself is...

57



Conspiracy: connecting the dots without realizing that we are adding information that isn't there
Confabulation: A lie told honestly

58



59

My story is important not because it is mine, God knows, but because if I tell it anything like right, the chances are you will recognize that in many ways it is also yours. Maybe nothing is more important than that we keep track, you and I, of these stories of who we are and where we have come from and the people we have met along the way because it is precisely through these stories in all their particularity, as I have long believed and often said, that God makes himself known to each of us most powerfully and personally. If this is true, it means that to lose track of our stories is to be profoundly impoverished not only humanly but spiritually.

Frederick Buechner

60



61

SHARE TOGETHER?

1. What is one way you noticed the pandemic impacted your body?

62

SHARE TOGETHER?

1. What is one way you noticed the pandemic impacted your body?
2. What is one strategy your body used to cope with pandemic stress?

63

SHARE TOGETHER?

1. What is one way you noticed the pandemic impacted your body?
2. What is one strategy your body used to cope with pandemic stress?
3. What is a loss/struggle you had during the pandemic that not many (or any) would know about?

64

SHARE TOGETHER?

1. What is one way you noticed the pandemic impacted your body?
2. What is one strategy your body used to cope with pandemic stress?
3. What is a loss/struggle you had during the pandemic that not many (or any) would know about?
4. In what way are you different now than before March 2020? How has the pandemic changed you?

65

SHARE TOGETHER?

1. What is one way you noticed the pandemic impacted your body?
2. What is one strategy your body used to cope with pandemic stress?
3. What is a loss/struggle you had during the pandemic that not many (or any) would know about?
4. In what way are you different now than before March 2020? How has the pandemic changed you?
5. You are about to enter a difficult/challenging situation. What is keeping you from entering? What feelings or thoughts are you experiencing?

66



67



68

“Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.”

Brené Brown



69

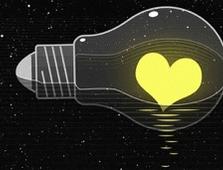
Shame Shields

- ▶ Moving towards
- ▶ Moving away
- ▶ Moving against

70

“Jesus says, “You are the light of the world.” I like even more what Jesus doesn’t say. He does not say, “One day, if you are more perfect and try really hard, you’ll be light.” He doesn’t say “If you play by the rules, cross your T’s and dot your I’s, then maybe you’ll become light.” No. He says, straight out, “You are light.” It is the truth of who you are, waiting only for you to discover it. So, for God’s sake, don’t move. No need to contort yourself to be anything other than who you are.”

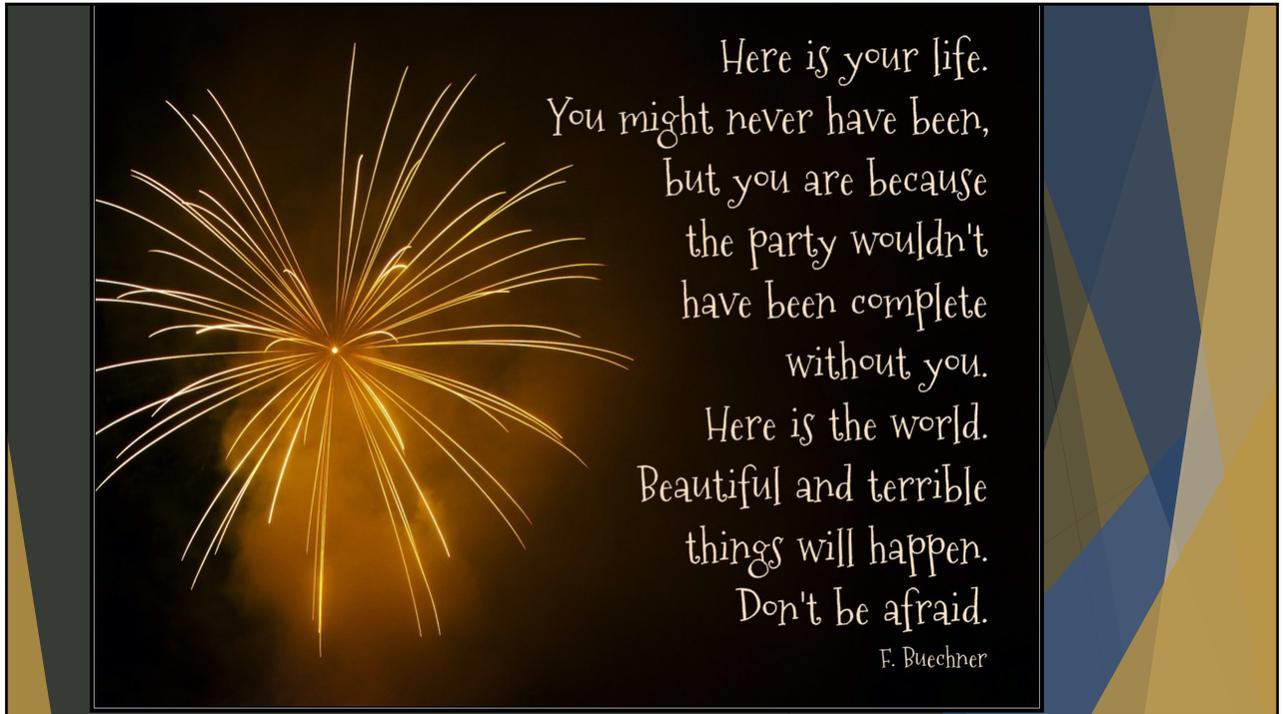
— Gregory Boyle



71



72

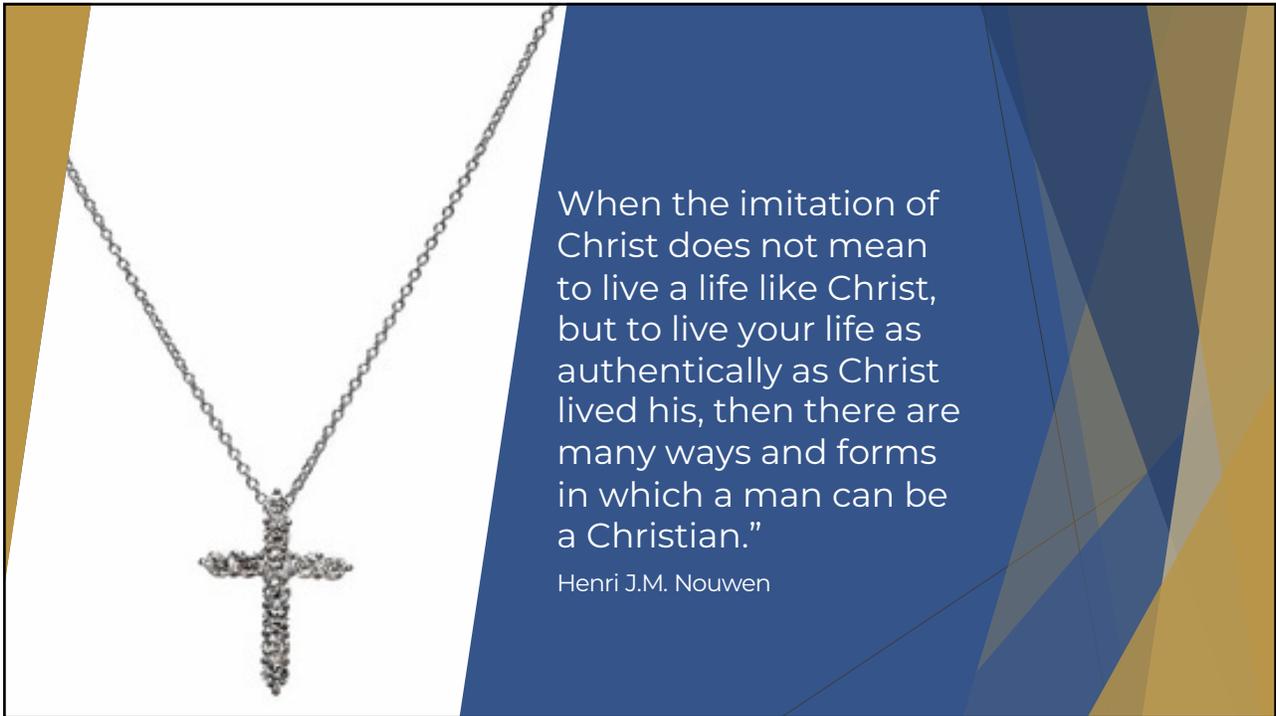


Here is your life.
You might never have been,
but you are because
the party wouldn't
have been complete
without you.
Here is the world.
Beautiful and terrible
things will happen.
Don't be afraid.
F. Buechner

73



74



When the imitation of Christ does not mean to live a life like Christ, but to live your life as authentically as Christ lived his, then there are many ways and forms in which a man can be a Christian.”

Henri J.M. Nouwen

75



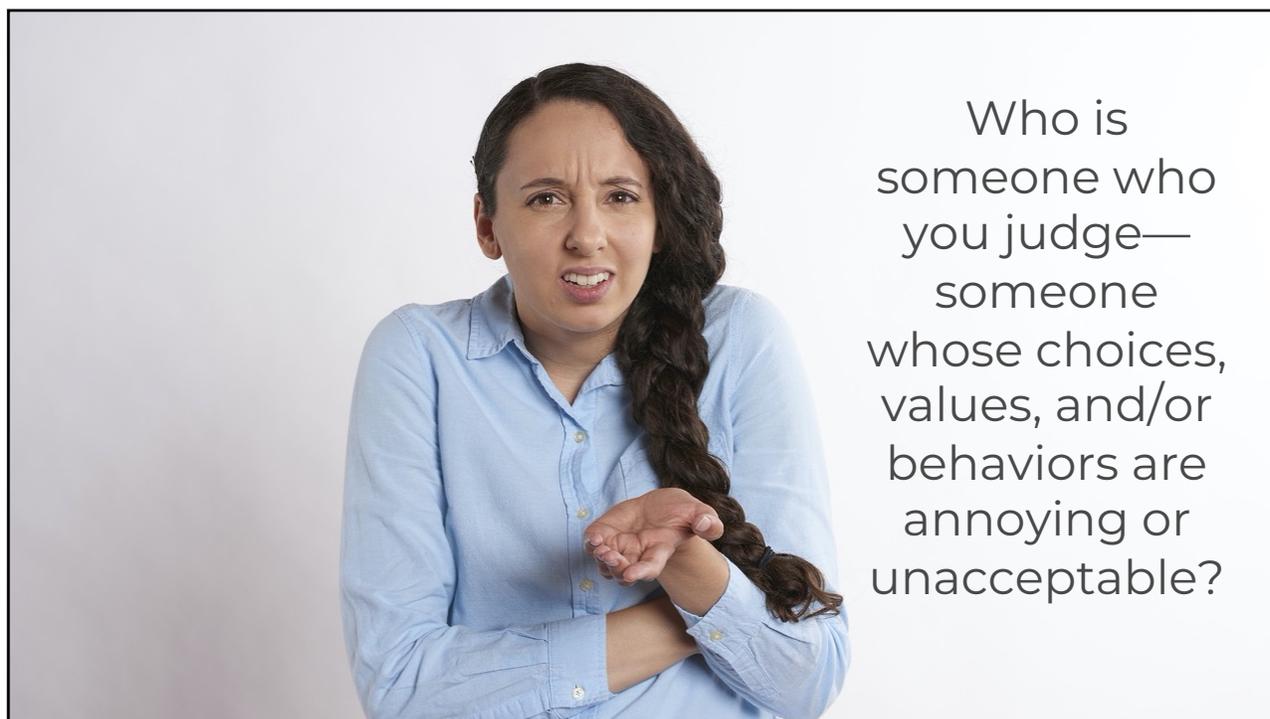
When we deny our stories and disengage from tough emotions, they don't go away; instead, they own us, they define us.

**Brené Brown
#RisingStrong**

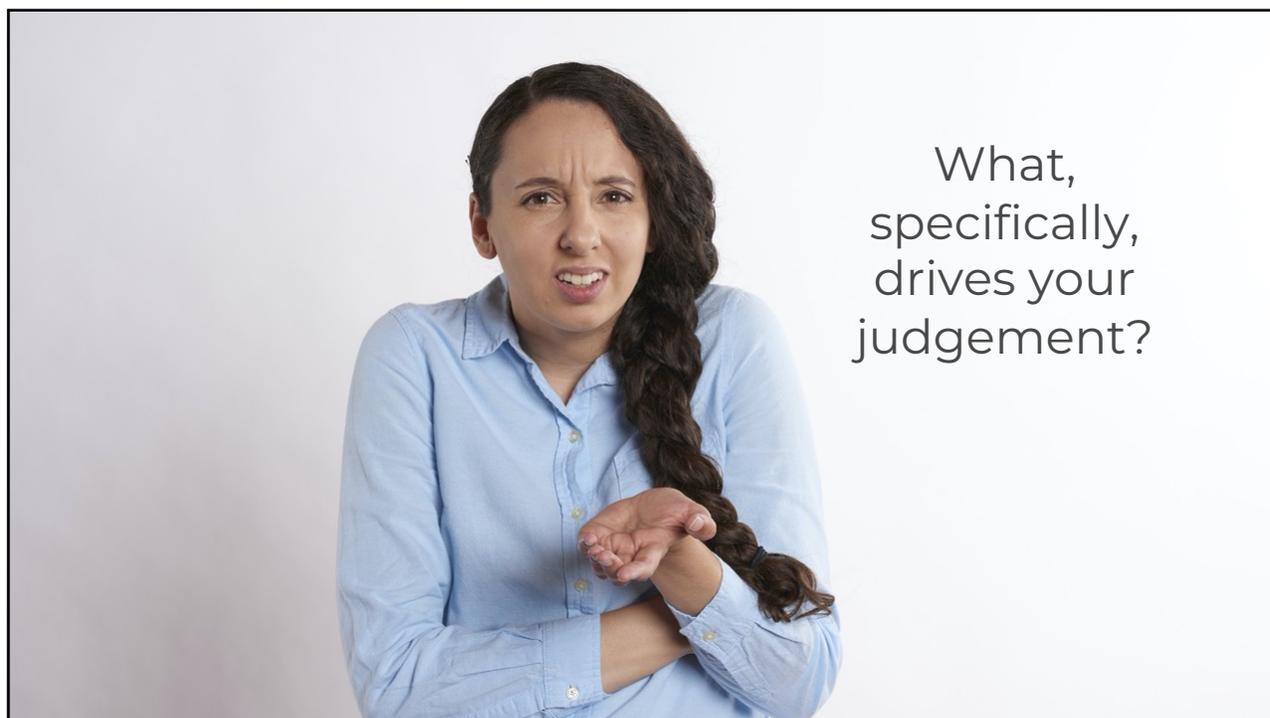
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77



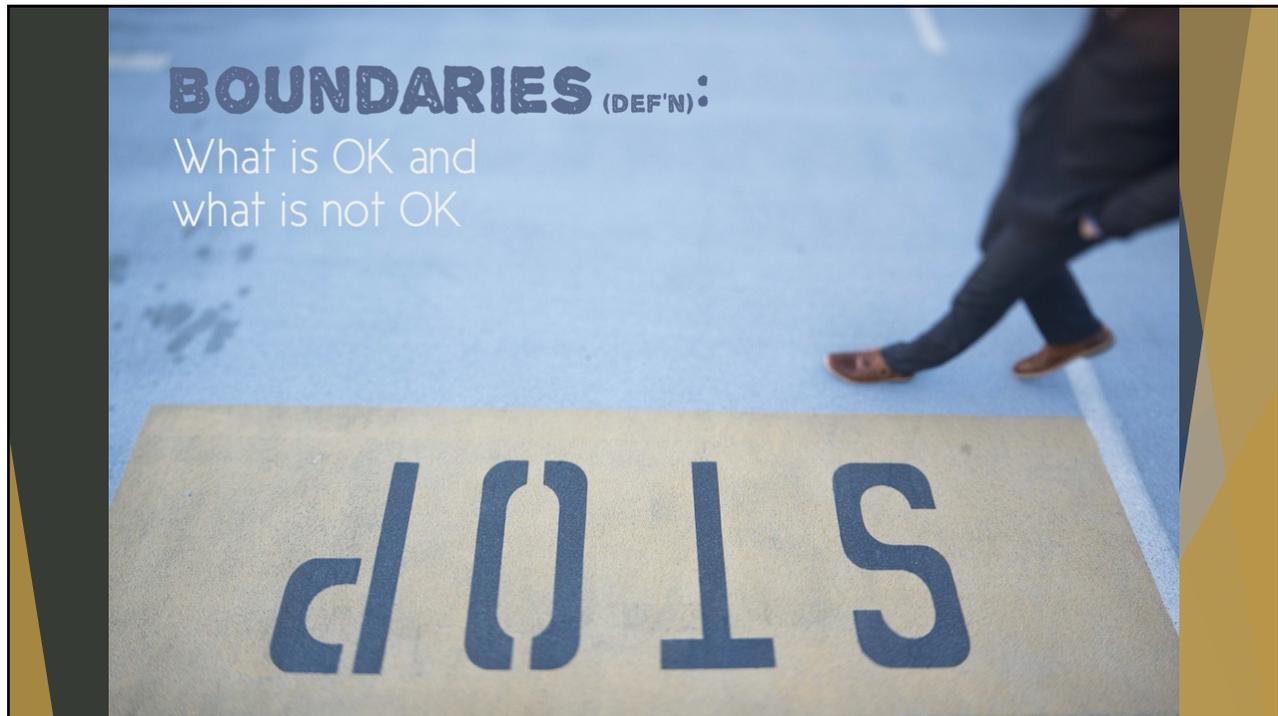
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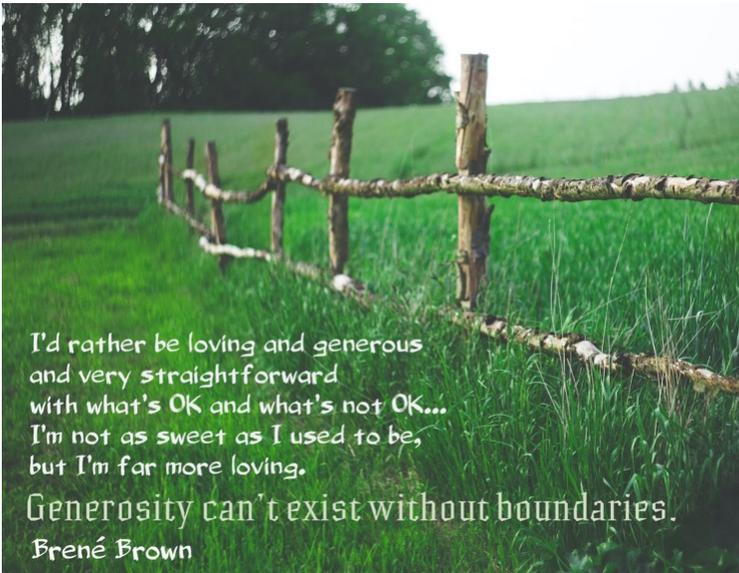
Living B.I.G.

- ▶ **Boundaries:** getting clear on what's okay and what's not okay
- ▶ **Integrity:** choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them
- ▶ **Generosity:** working from assumptions and intentions of compassion and grace

82

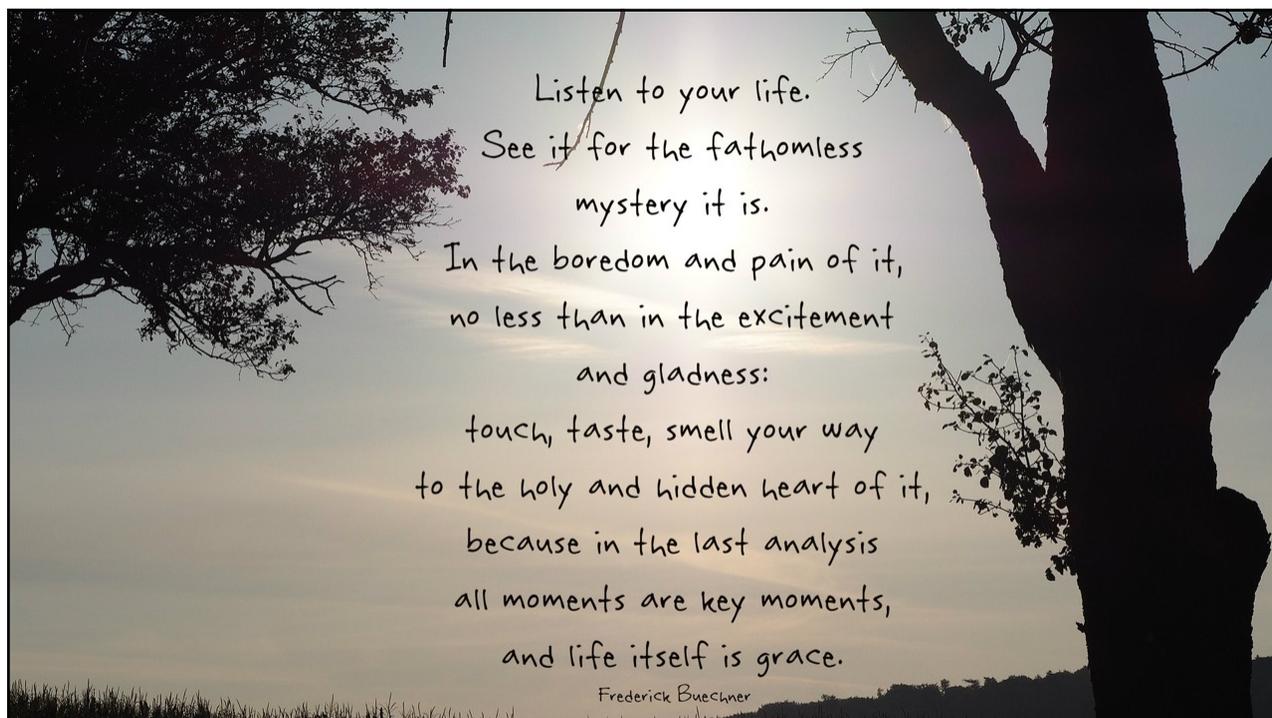
BOUNDARIES IN RELATIONSHIPS
WORK BOTH WAYS:
THEY CREATE EMOTIONAL
HEALTH AND
ARE CREATED BY PEOPLE WITH
EMOTIONAL HEALTH.
MARK MANSON

83



I'd rather be loving and generous
and very straightforward
with what's OK and what's not OK...
I'm not as sweet as I used to be,
but I'm far more loving.
Generosity can't exist without boundaries.
Brené Brown

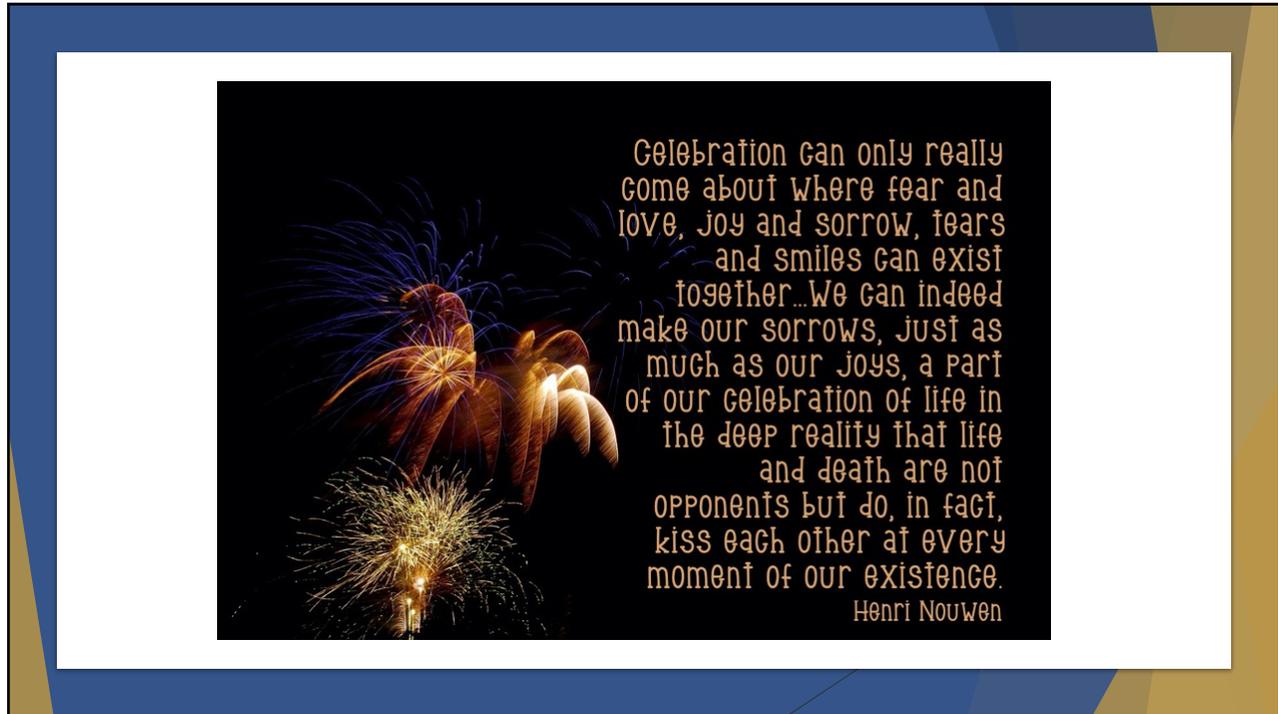
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85



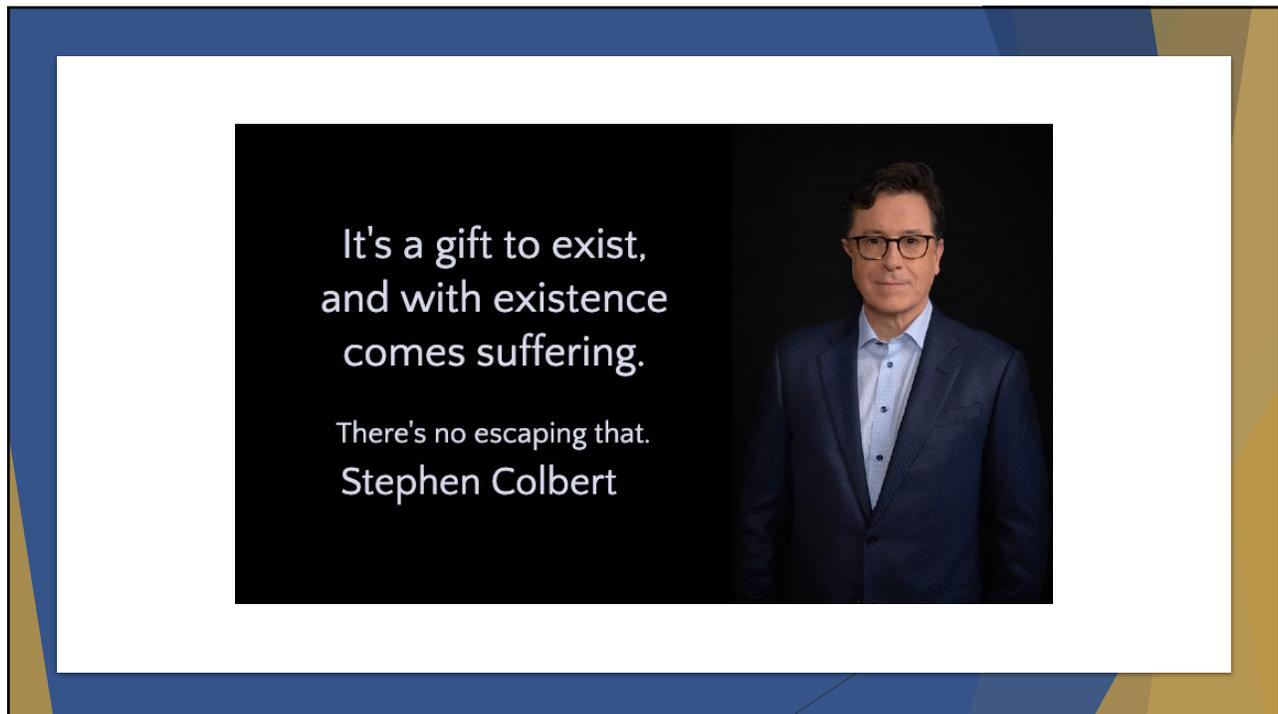
86



Celebration can only really come about where fear and love, joy and sorrow, tears and smiles can exist together... We can indeed make our sorrows, just as much as our joys, a part of our celebration of life in the deep reality that life and death are not opponents but do, in fact, kiss each other at every moment of our existence.

Henri Nouwen

87



It's a gift to exist,
and with existence
comes suffering.

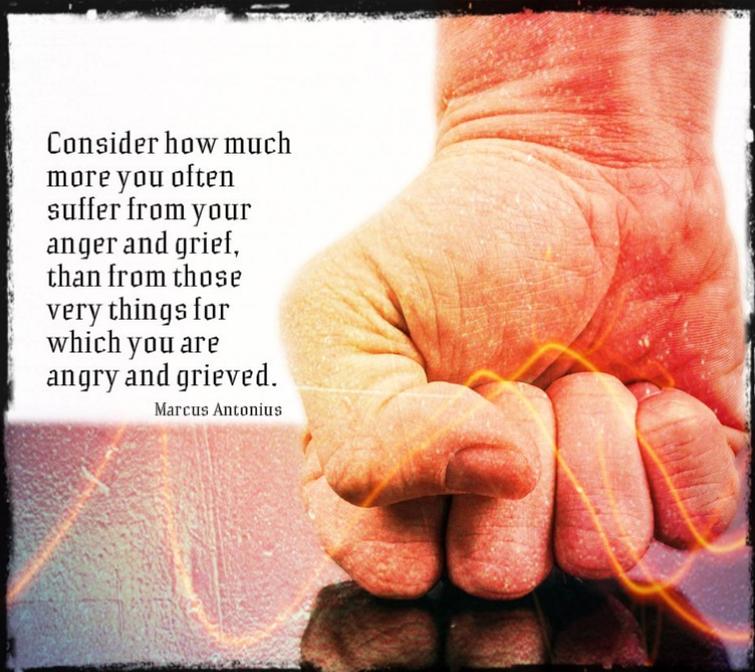
There's no escaping that.
Stephen Colbert

88

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

Marcus Antonius

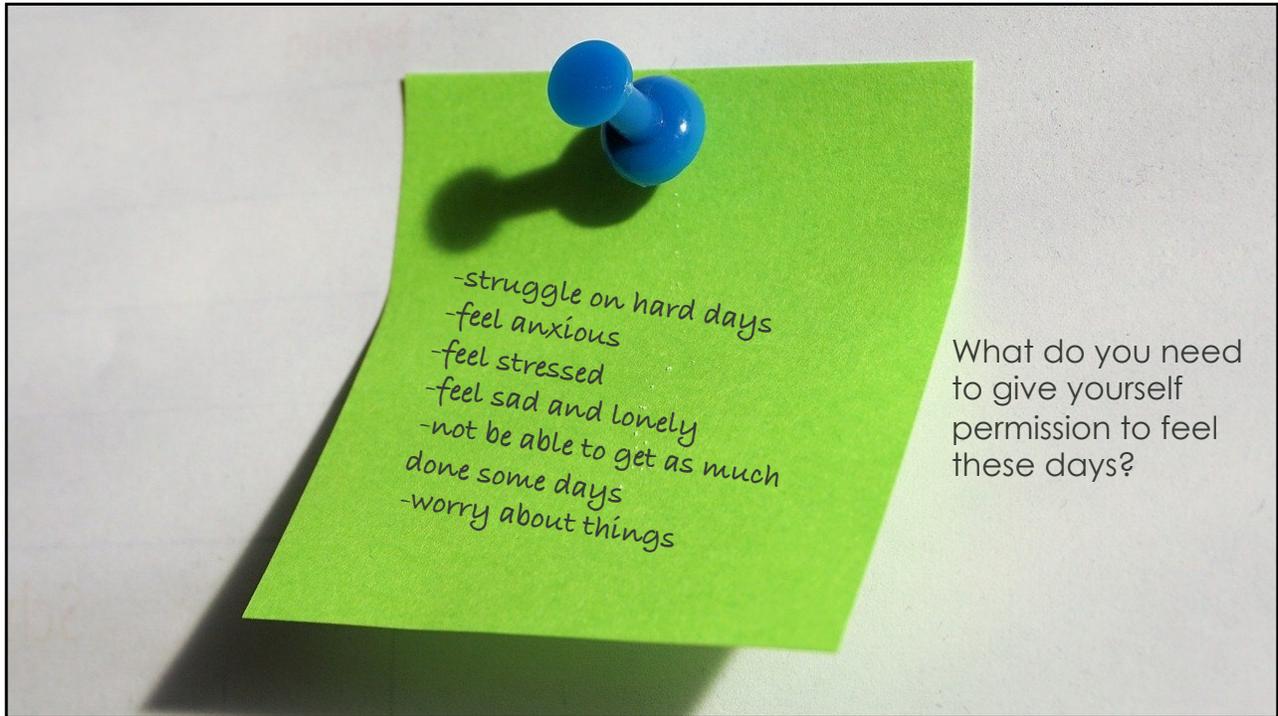
Permission to feel the feelings



89



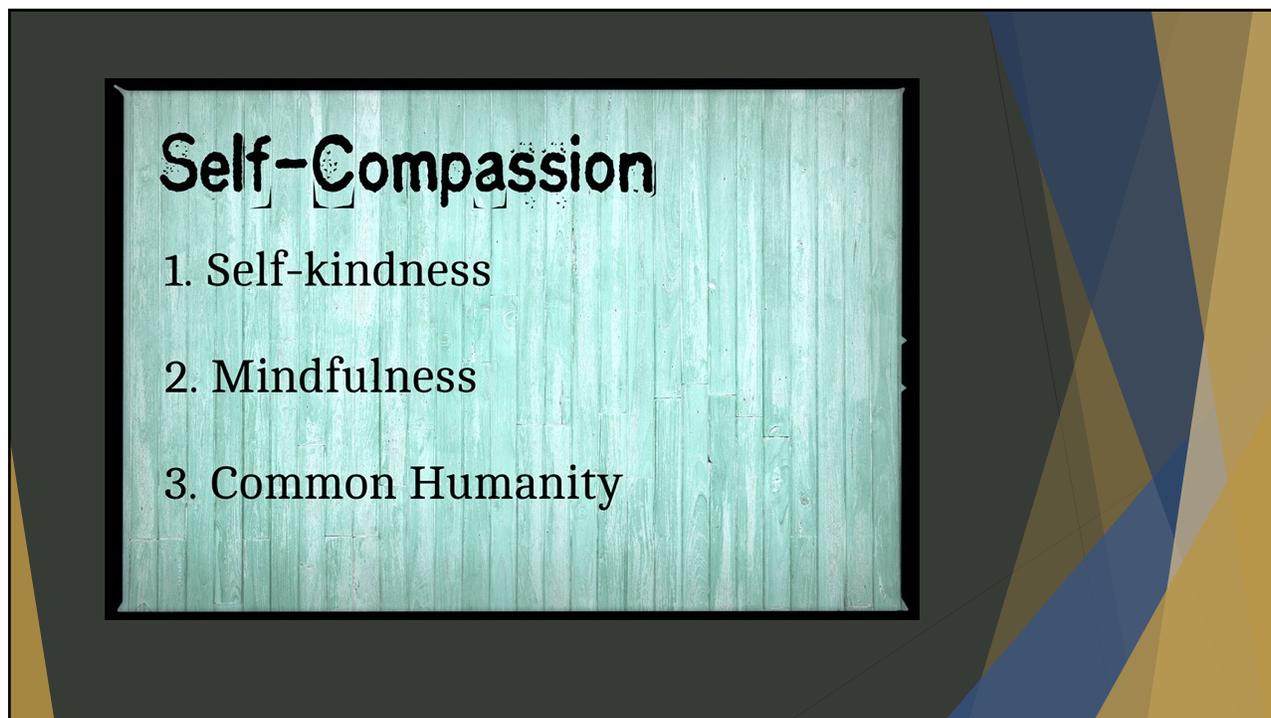
90



91

I give myself permission to:	

92



Self-Compassion

1. Self-kindness
2. Mindfulness
3. Common Humanity

93



*This is a moment of suffering,
suffering is part of life.
Let me be kind to myself in this moment.
Let me give myself the compassion I need*

Kristin Neff

94

I give myself permission to:	A way I can demonstrate more compassion to myself:

95

All behavior is a form of communication



96

All behavior is a form of communication

- ▶ Notice:
What different behaviors you noticing now?
- ▶ What do you imagine (or know) these behaviors are communicating?



97

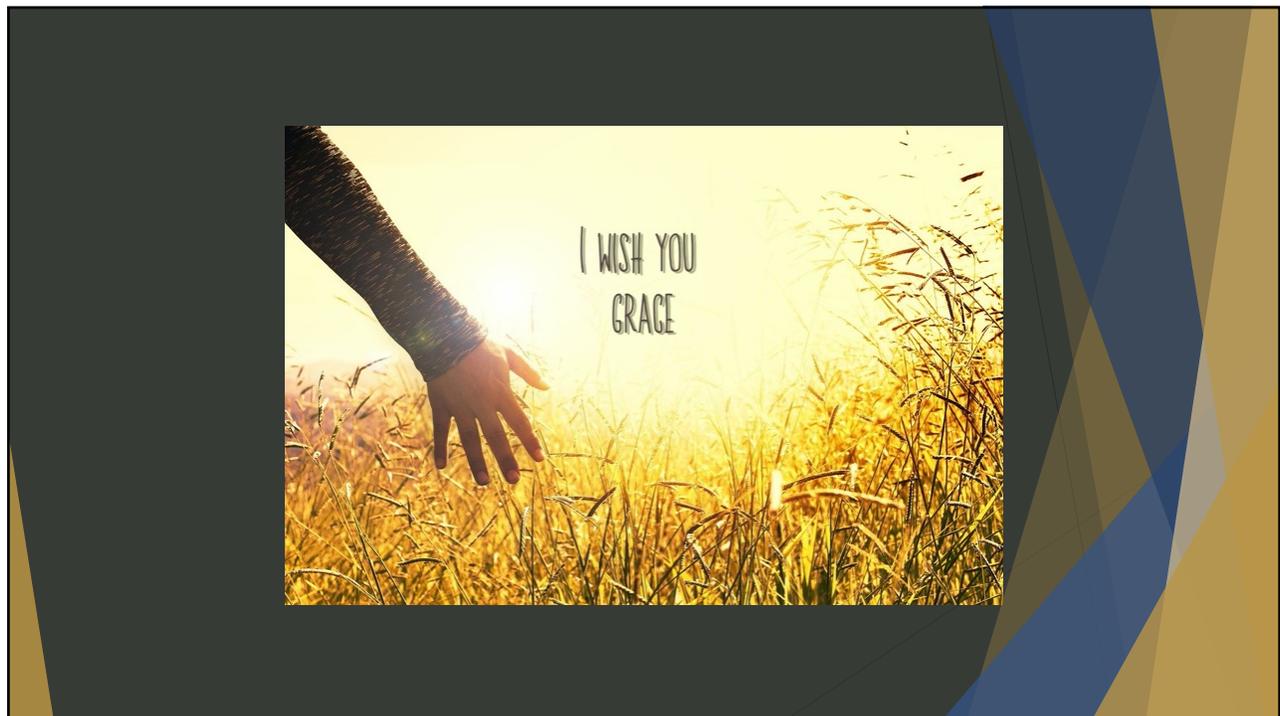


98



One way
grace shows
up in my life

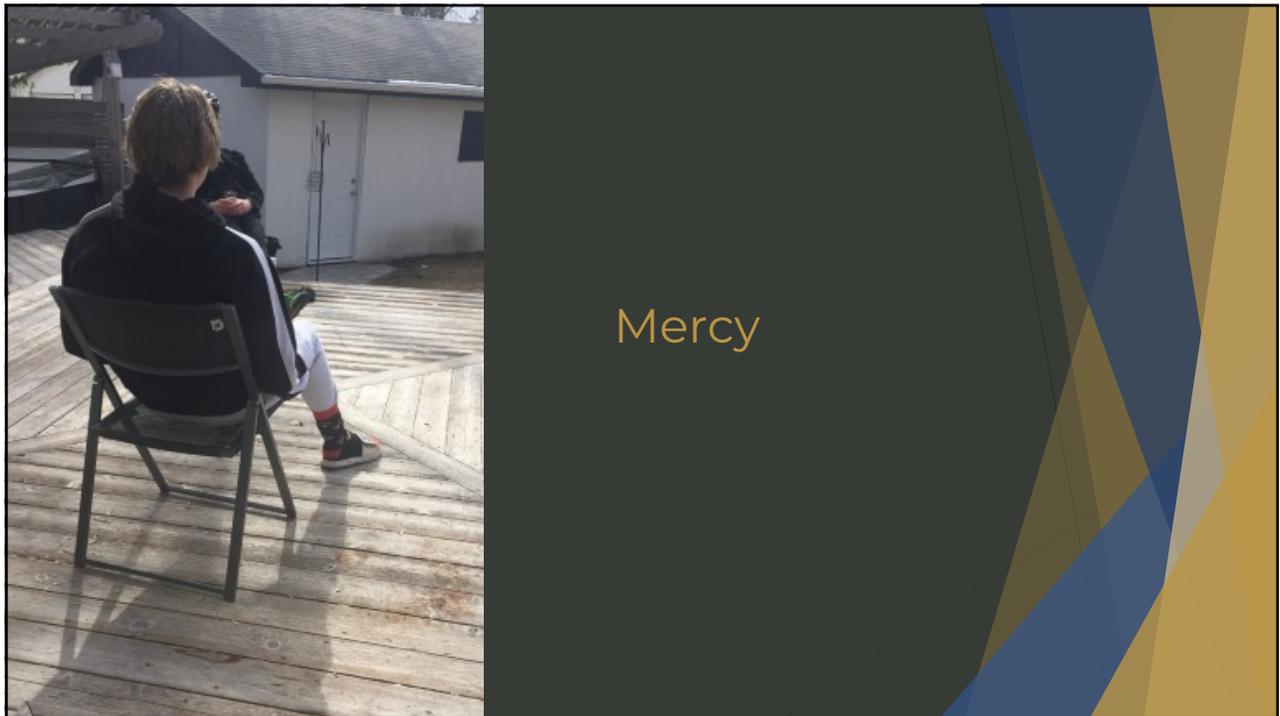
99



100



101



102

Out of the wreck of our disfigured, misshapen selves, so darkened by shame and disgrace, indeed the Lord comes to us disguised as ourselves. And we don't grow into this—we just learn to pay better attention. The 'no matter whatness' of God dissolves the toxicity of shame and fills us with tender mercy.

It is precisely because we have such an overactive disapproval gland ourselves that we tend to create God in our own image. It is truly hard for us to see the truth that disapproval does not seem to be part of God's DNA. God is just too busy loving us to have any time left for disappointment."

Father Gregory Boyle

103

I give myself permission to:	A way I can demonstrate more compassion to myself:
One way I can extend gritty grace and/or revolutionary mercy to myself:	

104



When we hit a wall,
we assume we must
scale it on our own.

105



Make a
thoughtful
choice

106

A close-up photograph of a hand with fingers curled, breaking through a white wall. The wall is cracked and peeling, revealing a dark interior behind it. The hand is wearing a black sleeve.

Break through a wall can be an expectation—

- ▶ At times, it's is an unfair burden
- ▶ At times, it is an exhilarating victory.

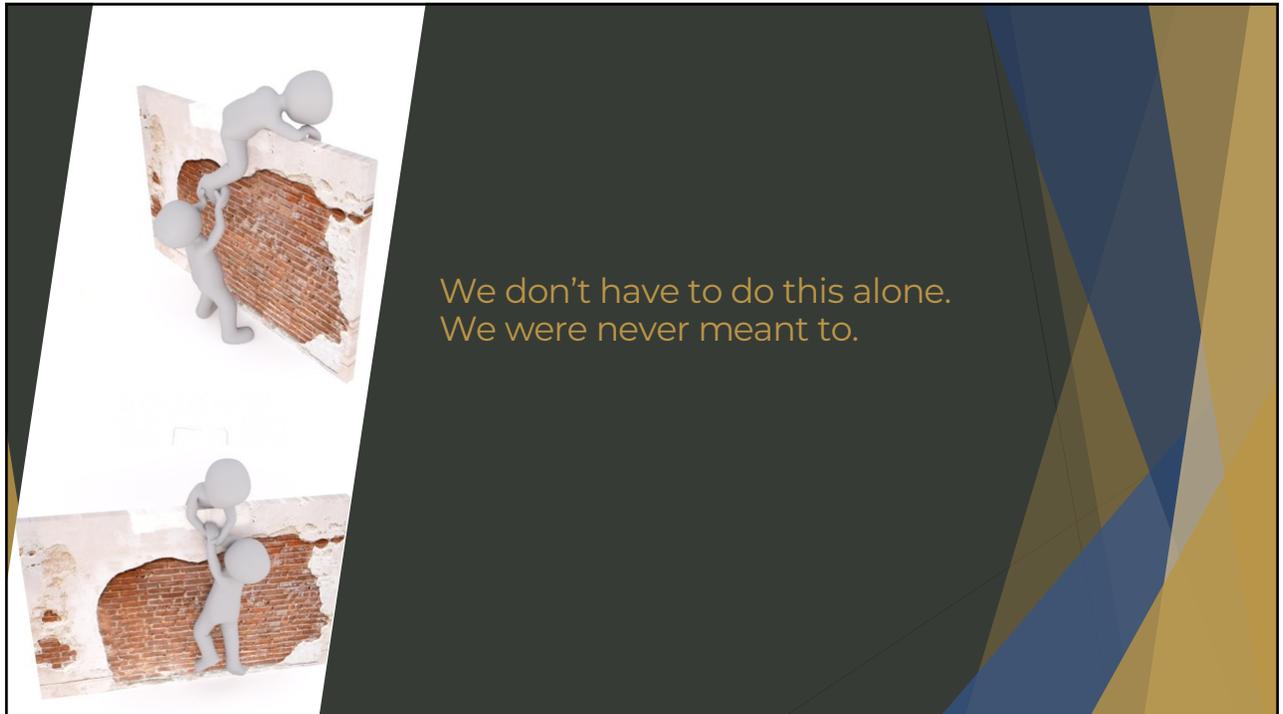
107

A 3D rendered scene featuring a grey, featureless humanoid figure sitting on the floor. The figure is wrapped in a coarse, brown burlap blanket. To the left of the figure is a grey metal suitcase and a small, dark brown cup. The figure is leaning against a brick wall that has a large, irregular hole in it, revealing a white wall behind the bricks. The floor is white.

Sometimes, the wisest thing to do is to curl up against the wall and take a rest.

- ▶ Leaning against the wall can be the courageous right decision

108



We don't have to do this alone.
We were never meant to.

109

<p>I give myself permission to:</p>	<p>A way I can demonstrate more compassion to myself:</p>
<p>One way I can extend gritty grace and/or revolutionary mercy to myself:</p>	<p>One small way it would be good for me to risk connection with myself or others:</p>

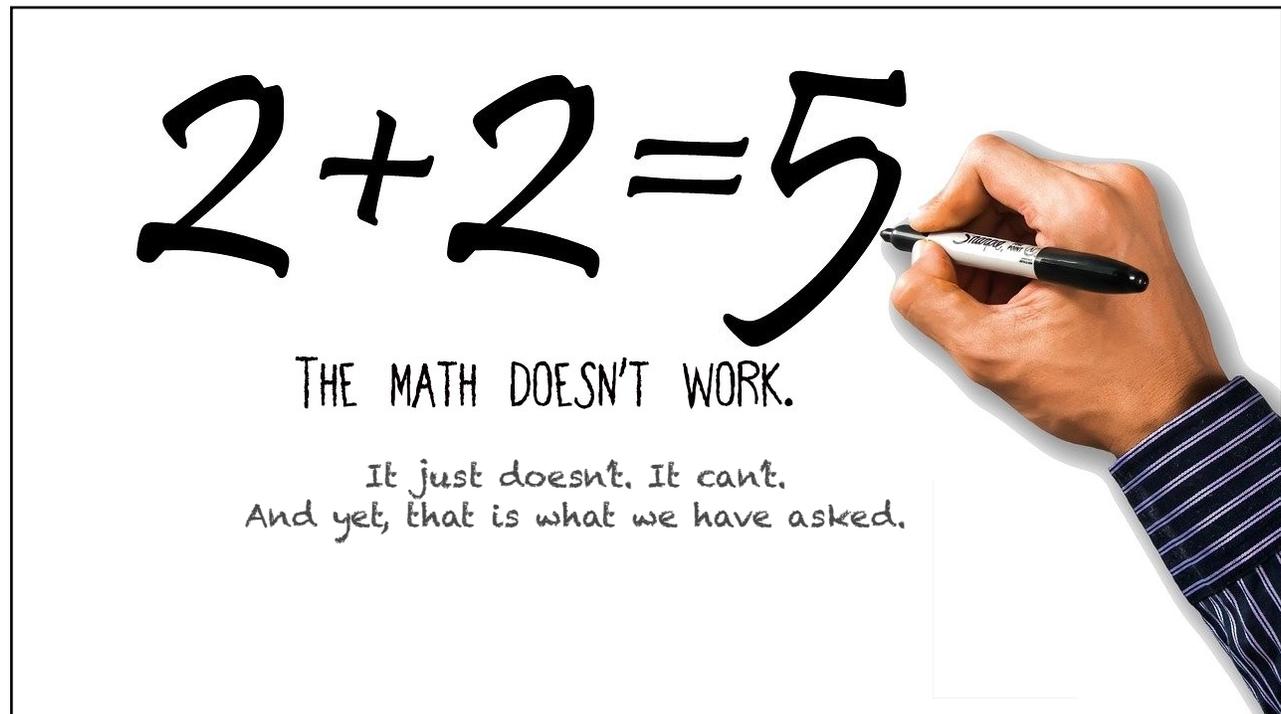
110

Breakout Time

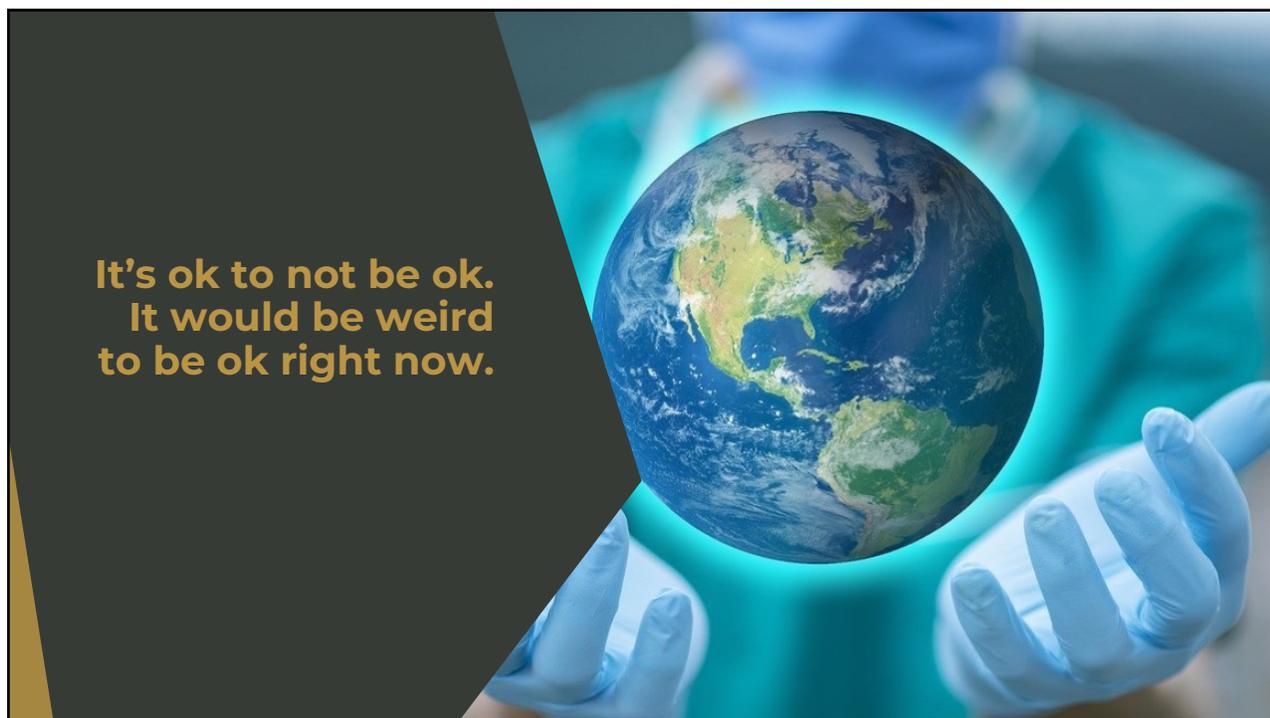
- ▶ What did you notice about your own internal reactions as we went through this section where you were invited to fill out a piece of paper with 4 different strategies?
- ▶ Do you find it hard to extend self-compassion, grace and mercy to yourself? What makes it a challenge?



111



112



**It's ok to not be ok.
It would be weird
to be ok right now.**

113



For slides and
resources, and to
sign up for the
“Wired for
Connection”
newsletter!

114

- 
- ▶ “What is the delivery system for resilience? In part, it's the loving, caring adult who pays attention. It's the community of unconditional love, representing the very "no matter whatness" of God. They say that an educated inmate will not reoffend. This is not because an education assures that this guy will get hired somewhere. It is because his view is larger and more educated, so that he can be rejected at ninety-three job interviews and still not give up. He's acquired resilience. Sometimes resilience arrives in the moment you discover your own unshakable goodness. Poet Galway Kinnell writes, "Sometimes it's necessary to reteach a thing its loveliness."
— **Gregory Boyle,**