

WEBVTT

NOTE duration:"01:13:05"

NOTE recognizability:0.869

NOTE language:en-us

NOTE Confidence: 0.84033163125

00:00:19.340 --> 00:00:21.716 I'm just gonna wait a minute to see.

NOTE Confidence: 0.84033163125

00:00:21.720 --> 00:00:24.060 Looks like more people are.

NOTE Confidence: 0.84033163125

00:00:24.060 --> 00:00:27.190 Logging into our zoom so.

NOTE Confidence: 0.84033163125

00:00:27.190 --> 00:00:28.550 Hang tight for a moment.

NOTE Confidence: 0.84033163125

00:00:28.550 --> 00:00:31.718 We will start. In just a moment.

NOTE Confidence: 0.896484743333333

00:00:47.140 --> 00:00:49.515 OK, let's begin and good

NOTE Confidence: 0.896484743333333

00:00:49.515 --> 00:00:51.415 afternoon and welcome everyone.

NOTE Confidence: 0.896484743333333

00:00:51.420 --> 00:00:53.600 My name is Bud Wasil.

NOTE Confidence: 0.896484743333333

00:00:53.600 --> 00:00:56.960 And I am the moderator for today's session.

NOTE Confidence: 0.896484743333333

00:00:56.960 --> 00:00:59.438 We're very happy you could join us

NOTE Confidence: 0.896484743333333

00:00:59.438 --> 00:01:01.340 for this informative presentation

NOTE Confidence: 0.896484743333333

00:01:01.340 --> 00:01:04.130 on can I grow through difficult

NOTE Confidence: 0.896484743333333

00:01:04.130 --> 00:01:05.990 experiences like this pandemic?

NOTE Confidence: 0.896484743333333

00:01:05.990 --> 00:01:07.710 With Doctor Christine Olson,  
NOTE Confidence: 0.8964847433333333

00:01:07.710 --> 00:01:09.860 Chief Wellness officer at Yale,  
NOTE Confidence: 0.8964847433333333

00:01:09.860 --> 00:01:11.765 New Haven Hospital.  
NOTE Confidence: 0.8964847433333333

00:01:11.765 --> 00:01:13.670 And Kendall Palladino,  
NOTE Confidence: 0.8964847433333333

00:01:13.670 --> 00:01:15.710 director of pastoral care at Yale,  
NOTE Confidence: 0.8964847433333333

00:01:15.710 --> 00:01:16.826 New Haven Hospital.  
NOTE Confidence: 0.8964847433333333

00:01:16.826 --> 00:01:19.058 So on behalf of the Smilow  
NOTE Confidence: 0.8964847433333333

00:01:19.058 --> 00:01:20.789 Wellness Workshop Committee,  
NOTE Confidence: 0.8964847433333333

00:01:20.790 --> 00:01:23.555 we welcome you both our presenters and  
NOTE Confidence: 0.8964847433333333

00:01:23.555 --> 00:01:26.510 very much looking forward to to your talk.  
NOTE Confidence: 0.8964847433333333

00:01:26.510 --> 00:01:27.623 And of course,  
NOTE Confidence: 0.8964847433333333

00:01:27.623 --> 00:01:29.107 welcome to our audience.  
NOTE Confidence: 0.8964847433333333

00:01:29.110 --> 00:01:31.174 We very much appreciate you being  
NOTE Confidence: 0.8964847433333333

00:01:31.174 --> 00:01:33.470 here today and hope you are well.  
NOTE Confidence: 0.8964847433333333

00:01:33.470 --> 00:01:34.710 Just a quick word too,  
NOTE Confidence: 0.8964847433333333

00:01:34.710 --> 00:01:36.730 about Smilow Wellness workshops.

NOTE Confidence: 0.896484743333333

00:01:36.730 --> 00:01:40.629 We offer these periodically to patients,

NOTE Confidence: 0.896484743333333

00:01:40.629 --> 00:01:43.008 their family volunteers,

NOTE Confidence: 0.896484743333333

00:01:43.010 --> 00:01:45.596 and staff with the mission of

NOTE Confidence: 0.896484743333333

00:01:45.596 --> 00:01:47.814 empowering individuals to take control

NOTE Confidence: 0.896484743333333

00:01:47.814 --> 00:01:50.334 of their own health and Wellness.

NOTE Confidence: 0.896484743333333

00:01:50.340 --> 00:01:52.132 The program features free

NOTE Confidence: 0.896484743333333

00:01:52.132 --> 00:01:53.028 interactive workshops.

NOTE Confidence: 0.896484743333333

00:01:53.030 --> 00:01:55.165 For now on zoom we do about

NOTE Confidence: 0.896484743333333

00:01:55.165 --> 00:01:57.143 three or four per year that

NOTE Confidence: 0.896484743333333

00:01:57.143 --> 00:01:59.058 reaffirm the importance of caring

NOTE Confidence: 0.896484743333333

00:01:59.058 --> 00:02:01.210 for the person as a whole.

NOTE Confidence: 0.896484743333333

00:02:01.210 --> 00:02:03.050 Body, mind and spirit.

NOTE Confidence: 0.896484743333333

00:02:03.050 --> 00:02:04.890 Designed to complement traditional

NOTE Confidence: 0.896484743333333

00:02:04.890 --> 00:02:06.730 lectures and health talks,

NOTE Confidence: 0.896484743333333

00:02:06.730 --> 00:02:09.910 each workshop focuses on Wellness.

NOTE Confidence: 0.896484743333333

00:02:09.910 --> 00:02:12.689 The committee who plans and conducts these

NOTE Confidence: 0.896484743333333

00:02:12.689 --> 00:02:15.069 workshops consists of diesel Boxleitner,

NOTE Confidence: 0.896484743333333

00:02:15.070 --> 00:02:17.894 Nicole Larissa, Denise Romano,

NOTE Confidence: 0.896484743333333

00:02:17.894 --> 00:02:19.306 Danielle Sagnella,

NOTE Confidence: 0.896484743333333

00:02:19.310 --> 00:02:20.682 Beverly Block and myself.

NOTE Confidence: 0.896484743333333

00:02:20.682 --> 00:02:23.264 And I would also like to recognize

NOTE Confidence: 0.896484743333333

00:02:23.264 --> 00:02:25.982 and thank Mark Casey from our

NOTE Confidence: 0.896484743333333

00:02:25.982 --> 00:02:27.833 audiovisual department who helps

NOTE Confidence: 0.896484743333333

00:02:27.833 --> 00:02:29.948 us with the technological side.

NOTE Confidence: 0.896484743333333

00:02:29.950 --> 00:02:31.958 So let us know if you have any

NOTE Confidence: 0.896484743333333

00:02:31.958 --> 00:02:33.289 suggestions for future topics.

NOTE Confidence: 0.896484743333333

00:02:33.290 --> 00:02:35.981 We're always looking for good ideas and

NOTE Confidence: 0.896484743333333

00:02:35.981 --> 00:02:37.836 remember to complete the evaluations

NOTE Confidence: 0.896484743333333

00:02:37.836 --> 00:02:41.284 that we're going to give at the end,

NOTE Confidence: 0.896484743333333

00:02:41.284 --> 00:02:44.230 so we really value your feedback.

NOTE Confidence: 0.896484743333333

00:02:44.230 --> 00:02:45.578 One other housekeeping note,

NOTE Confidence: 0.896484743333333  
00:02:45.578 --> 00:02:48.161 we do ask that you use the  
NOTE Confidence: 0.896484743333333  
00:02:48.161 --> 00:02:50.141 question and answer feature  
NOTE Confidence: 0.896484743333333  
00:02:50.141 --> 00:02:51.626 throughout the presentation.  
NOTE Confidence: 0.896484743333333  
00:02:51.630 --> 00:02:55.581 I will be keeping an eye on that and  
NOTE Confidence: 0.896484743333333  
00:02:55.581 --> 00:02:58.118 imposing those questions and there  
NOTE Confidence: 0.896484743333333  
00:02:58.118 --> 00:02:59.966 will be an opportunity for you to  
NOTE Confidence: 0.896484743333333  
00:02:59.966 --> 00:03:03.550 share a little bit midway through.  
NOTE Confidence: 0.896484743333333  
00:03:03.550 --> 00:03:05.596 So let me introduce our speakers.  
NOTE Confidence: 0.896484743333333  
00:03:05.600 --> 00:03:07.286 Doctor Christine Olson,  
NOTE Confidence: 0.896484743333333  
00:03:07.286 --> 00:03:10.096 MD and Masters of Science,  
NOTE Confidence: 0.896484743333333  
00:03:10.100 --> 00:03:13.187 is a native Minnesotan graduate of the  
NOTE Confidence: 0.896484743333333  
00:03:13.187 --> 00:03:15.659 University of Minnesota Medical School.  
NOTE Confidence: 0.896484743333333  
00:03:15.660 --> 00:03:18.816 She's a returned peace core volunteer  
NOTE Confidence: 0.896484743333333  
00:03:18.816 --> 00:03:20.394 experienced in international  
NOTE Confidence: 0.896484743333333  
00:03:20.394 --> 00:03:22.920 health in post conflict zones.  
NOTE Confidence: 0.896484743333333

00:03:22.920 --> 00:03:24.420 In conflict zone,  
NOTE Confidence: 0.8964847433333333

00:03:24.420 --> 00:03:26.835 she met her first role models of  
NOTE Confidence: 0.8964847433333333

00:03:26.835 --> 00:03:28.996 resilience and began studying the  
NOTE Confidence: 0.8964847433333333

00:03:28.996 --> 00:03:31.868 science of thriving and the systems that  
NOTE Confidence: 0.8964847433333333

00:03:31.868 --> 00:03:34.410 support it or detract detract from it.  
NOTE Confidence: 0.8964847433333333

00:03:34.410 --> 00:03:36.285 Doctor Christine Nelson came to  
NOTE Confidence: 0.8964847433333333

00:03:36.285 --> 00:03:39.136 Yale New Haven Hospital to train in  
NOTE Confidence: 0.8964847433333333

00:03:39.136 --> 00:03:40.948 internal medicine and Pediatrics,  
NOTE Confidence: 0.8964847433333333

00:03:40.950 --> 00:03:43.085 followed by a fellowship in health services,  
NOTE Confidence: 0.8964847433333333

00:03:43.090 --> 00:03:45.678 research and epidemiology at  
NOTE Confidence: 0.8964847433333333

00:03:45.678 --> 00:03:48.266 Weill Cornell Medical College.  
NOTE Confidence: 0.8964847433333333

00:03:48.270 --> 00:03:49.518 As a fellow,  
NOTE Confidence: 0.8964847433333333

00:03:49.518 --> 00:03:52.014 she studied how health policies and  
NOTE Confidence: 0.8964847433333333

00:03:52.014 --> 00:03:54.749 health system affect professional well  
NOTE Confidence: 0.8964847433333333

00:03:54.749 --> 00:03:57.310 being and how professional well being  
NOTE Confidence: 0.8964847433333333

00:03:57.310 --> 00:03:59.310 is an indicator of organizational

NOTE Confidence: 0.896484743333333

00:03:59.373 --> 00:04:01.532 performance in providing reliable

NOTE Confidence: 0.896484743333333

00:04:01.532 --> 00:04:04.854 access to cost effective, high quality.

NOTE Confidence: 0.896484743333333

00:04:04.854 --> 00:04:06.870 Patient centered care.

NOTE Confidence: 0.896484743333333

00:04:06.870 --> 00:04:09.065 She is nationally recognized for

NOTE Confidence: 0.896484743333333

00:04:09.065 --> 00:04:11.260 her work and combating burnout.

NOTE Confidence: 0.896484743333333

00:04:11.260 --> 00:04:13.980 In fostering joy in medicine.

NOTE Confidence: 0.896484743333333

00:04:13.980 --> 00:04:15.610 Doctor Olson was named Chief

NOTE Confidence: 0.896484743333333

00:04:15.610 --> 00:04:16.914 Wellness officer at Yale,

NOTE Confidence: 0.896484743333333

00:04:16.920 --> 00:04:19.340 New Haven Hospital in 2020,

NOTE Confidence: 0.896484743333333

00:04:19.340 --> 00:04:21.572 and she is committed to creating

NOTE Confidence: 0.896484743333333

00:04:21.572 --> 00:04:24.108 systems that allow those in it to

NOTE Confidence: 0.896484743333333

00:04:24.108 --> 00:04:26.064 flourish while in service to others.

NOTE Confidence: 0.7973176

00:04:28.640 --> 00:04:31.440 Kendall palladino.

NOTE Confidence: 0.7973176

00:04:31.440 --> 00:04:34.121 Was motivated to enter the field of

NOTE Confidence: 0.7973176

00:04:34.121 --> 00:04:36.179 spiritual care after having worked

NOTE Confidence: 0.7973176

00:04:36.179 --> 00:04:39.960 for Saint Teresa in Calcutta, India.

NOTE Confidence: 0.7973176

00:04:39.960 --> 00:04:42.444 Kendall is currently our Director of

NOTE Confidence: 0.7973176

00:04:42.444 --> 00:04:45.018 Spiritual Care or Pastoral Care at Yale.

NOTE Confidence: 0.7973176

00:04:45.020 --> 00:04:48.413 New Haven hospital. Uhm?

NOTE Confidence: 0.7973176

00:04:48.413 --> 00:04:52.652 He was encouraged by Mother Teresa

NOTE Confidence: 0.7973176

00:04:52.652 --> 00:04:55.960 in 1994 to consider the physical,

NOTE Confidence: 0.7973176

00:04:55.960 --> 00:04:57.844 spiritual, and emotional poverty

NOTE Confidence: 0.7973176

00:04:57.844 --> 00:05:00.670 that exists in the United States

NOTE Confidence: 0.7973176

00:05:00.670 --> 00:05:03.757 before returning to work at a leprosy

NOTE Confidence: 0.7973176

00:05:03.757 --> 00:05:05.850 hospital in southern Thailand.

NOTE Confidence: 0.7973176

00:05:05.850 --> 00:05:07.215 As a result,

NOTE Confidence: 0.7973176

00:05:07.215 --> 00:05:09.035 Kendall enrolled in clinical

NOTE Confidence: 0.7973176

00:05:09.035 --> 00:05:10.784 pastoral education and found a

NOTE Confidence: 0.7973176

00:05:10.784 --> 00:05:12.452 deep and abiding love for the

NOTE Confidence: 0.7973176

00:05:12.452 --> 00:05:13.819 mission of spiritual care.

NOTE Confidence: 0.889233715

00:05:16.150 --> 00:05:18.560 Kendall became interested in post



NOTE Confidence: 0.889233715

00:05:18.560 --> 00:05:20.970 traumatic growth when he noticed

NOTE Confidence: 0.889233715

00:05:21.047 --> 00:05:23.457 significant growth in outcomes data

NOTE Confidence: 0.889233715

00:05:23.457 --> 00:05:26.181 in grieving adult and children at

NOTE Confidence: 0.889233715

00:05:26.181 --> 00:05:28.047 the Healing Heart Center in Danbury,

NOTE Confidence: 0.889233715

00:05:28.050 --> 00:05:31.250 CT between 2000 and 2010,

NOTE Confidence: 0.889233715

00:05:31.250 --> 00:05:34.830 and in order to fully more to

NOTE Confidence: 0.889233715

00:05:34.830 --> 00:05:36.710 understand more fully what was

NOTE Confidence: 0.889233715

00:05:36.710 --> 00:05:38.326 happening in these people.

NOTE Confidence: 0.889233715

00:05:38.330 --> 00:05:40.927 He earned a doctorate in 2012 at

NOTE Confidence: 0.889233715

00:05:40.927 --> 00:05:42.500 the Princeton Theological Seminary

NOTE Confidence: 0.889233715

00:05:42.500 --> 00:05:44.840 with a dissertation on the subject

NOTE Confidence: 0.889233715

00:05:44.840 --> 00:05:46.530 of post traumatic growth.

NOTE Confidence: 0.889233715

00:05:46.530 --> 00:05:47.630 And loss.

NOTE Confidence: 0.889233715

00:05:47.630 --> 00:05:50.930 Clients who were impacted by major

NOTE Confidence: 0.889233715

00:05:50.930 --> 00:05:53.838 traumatic events like September 11th

NOTE Confidence: 0.889233715

00:05:53.840 --> 00:05:56.216 in the Sandy Hook school shootings,  
NOTE Confidence: 0.889233715

00:05:56.220 --> 00:05:58.776 as well as more specific individual  
NOTE Confidence: 0.889233715

00:05:58.776 --> 00:06:01.160 losses from long term illness,  
NOTE Confidence: 0.889233715

00:06:01.160 --> 00:06:04.225 suicide car accidents and other  
NOTE Confidence: 0.889233715

00:06:04.225 --> 00:06:06.928 causes were showing dramatic and  
NOTE Confidence: 0.889233715

00:06:06.928 --> 00:06:09.538 unexpected growth in their lives.  
NOTE Confidence: 0.889233715

00:06:09.540 --> 00:06:10.695 He is currently the director  
NOTE Confidence: 0.889233715

00:06:10.695 --> 00:06:12.128 of spiritual care for you only  
NOTE Confidence: 0.889233715

00:06:12.128 --> 00:06:13.490 have an hospital as I mentioned,  
NOTE Confidence: 0.889233715

00:06:13.490 --> 00:06:16.040 and a board certified Chaplain,  
NOTE Confidence: 0.889233715

00:06:16.040 --> 00:06:17.032 chaplain, educator.  
NOTE Confidence: 0.889233715

00:06:17.032 --> 00:06:21.000 So I think you agree we couldn't find  
NOTE Confidence: 0.889233715

00:06:21.091 --> 00:06:24.332 anyone more qualified than Kendall,  
NOTE Confidence: 0.889233715

00:06:24.332 --> 00:06:25.744 Chaplain Palladino,  
NOTE Confidence: 0.889233715

00:06:25.744 --> 00:06:29.274 and Christine doctor Christine Olson.  
NOTE Confidence: 0.889233715

00:06:29.280 --> 00:06:32.136 I think of them as our special case,

NOTE Confidence: 0.889233715

00:06:32.140 --> 00:06:32.890 and we're very,

NOTE Confidence: 0.889233715

00:06:32.890 --> 00:06:34.960 very lucky to have them here at Yale,

NOTE Confidence: 0.889233715

00:06:34.960 --> 00:06:35.926 New Haven Hospital,

NOTE Confidence: 0.889233715

00:06:35.926 --> 00:06:37.858 and just on a side note,

NOTE Confidence: 0.889233715

00:06:37.860 --> 00:06:39.870 as a person would say,

NOTE Confidence: 0.889233715

00:06:39.870 --> 00:06:42.262 worked with Doctor Olson,

NOTE Confidence: 0.889233715

00:06:42.262 --> 00:06:44.056 and Chaplain Palladino.

NOTE Confidence: 0.889233715

00:06:44.060 --> 00:06:46.965 Several projects over the course of the

NOTE Confidence: 0.889233715

00:06:46.965 --> 00:06:50.179 pact to enhance our employees well being.

NOTE Confidence: 0.889233715

00:06:50.180 --> 00:06:53.800 And they are both amazing,

NOTE Confidence: 0.889233715

00:06:53.800 --> 00:06:55.352 caring, energetic,

NOTE Confidence: 0.889233715

00:06:55.352 --> 00:06:58.456 creative and dedicated professionals.

NOTE Confidence: 0.889233715

00:06:58.460 --> 00:06:59.342 So we're very,

NOTE Confidence: 0.889233715

00:06:59.342 --> 00:07:02.039 very lucky to have them talk to us today.

NOTE Confidence: 0.889233715

00:07:02.040 --> 00:07:03.876 So thank you for joining us at this point.

NOTE Confidence: 0.889233715

00:07:03.880 --> 00:07:06.008 I will turn it over to Doctor  
NOTE Confidence: 0.889233715

00:07:06.008 --> 00:07:07.620 Olson and Chaplain Palladino.  
NOTE Confidence: 0.78139058

00:07:12.400 --> 00:07:15.984 Thank you buddy, I really appreciate that.  
NOTE Confidence: 0.78139058

00:07:15.990 --> 00:07:19.200 Yesterday, the New York Times published  
NOTE Confidence: 0.78139058

00:07:19.200 --> 00:07:23.646 an article by Doctor Senita Khoury  
NOTE Confidence: 0.78139058

00:07:23.646 --> 00:07:26.908 entitled We must Learn to look at  
NOTE Confidence: 0.78139058

00:07:26.908 --> 00:07:30.019 grief even though we want to run away.  
NOTE Confidence: 0.78139058

00:07:30.020 --> 00:07:33.408 I recommended it to you because it  
NOTE Confidence: 0.78139058

00:07:33.408 --> 00:07:35.424 discussed post traumatic growth  
NOTE Confidence: 0.78139058

00:07:35.424 --> 00:07:38.080 through this pandemic through illness,  
NOTE Confidence: 0.78139058

00:07:38.080 --> 00:07:40.408 grief caregiver hurdles only,  
NOTE Confidence: 0.78139058

00:07:40.408 --> 00:07:43.318 embracing our human potential for  
NOTE Confidence: 0.78139058

00:07:43.318 --> 00:07:46.288 post traumatic growth by honest  
NOTE Confidence: 0.78139058

00:07:46.288 --> 00:07:49.158 reflection on our real lived  
NOTE Confidence: 0.78139058

00:07:49.158 --> 00:07:51.958 experiences with others will suffice.  
NOTE Confidence: 0.78139058

00:07:51.960 --> 00:07:56.250 No titles, no education, no experience,

NOTE Confidence: 0.78139058

00:07:56.250 --> 00:07:58.938 no positive ITI or any other

NOTE Confidence: 0.78139058

00:07:58.938 --> 00:08:02.348 external factor can help us grow.

NOTE Confidence: 0.78139058

00:08:02.350 --> 00:08:05.374 We gather here together as people

NOTE Confidence: 0.78139058

00:08:05.374 --> 00:08:08.390 facing the human experience of illness,

NOTE Confidence: 0.78139058

00:08:08.390 --> 00:08:10.178 grief, caregiver hurdles,

NOTE Confidence: 0.78139058

00:08:10.178 --> 00:08:12.480 and the COVID-19 pandemic.

NOTE Confidence: 0.78139058

00:08:12.480 --> 00:08:14.700 And first of all,

NOTE Confidence: 0.78139058

00:08:14.700 --> 00:08:17.910 we want you Doctor Olson and I want you to

NOTE Confidence: 0.78139058

00:08:17.987 --> 00:08:20.820 bring your humanity to this conversation.

NOTE Confidence: 0.78139058

00:08:20.820 --> 00:08:23.580 It's the only thing that will

NOTE Confidence: 0.78139058

00:08:23.580 --> 00:08:25.820 really carry the conversation

NOTE Confidence: 0.78139058

00:08:25.820 --> 00:08:28.084 and the discussion forward.

NOTE Confidence: 0.78139058

00:08:28.090 --> 00:08:30.015 One thing we wanted to do is

NOTE Confidence: 0.78139058

00:08:30.015 --> 00:08:33.130 invite you in the Q&A feature as I

NOTE Confidence: 0.78139058

00:08:33.130 --> 00:08:36.260 continue to open up this dialogue

NOTE Confidence: 0.78139058

00:08:36.260 --> 00:08:40.145 and this discussion is to write in  
NOTE Confidence: 0.78139058

00:08:40.145 --> 00:08:43.688 why you have chosen to join us.  
NOTE Confidence: 0.78139058

00:08:43.690 --> 00:08:46.490 People may be coming from different places,  
NOTE Confidence: 0.78139058

00:08:46.490 --> 00:08:50.154 so right into the Q&A feature and  
NOTE Confidence: 0.78139058

00:08:50.154 --> 00:08:53.436 Bud Whistle will look at that  
NOTE Confidence: 0.78139058

00:08:53.436 --> 00:08:56.809 and he will help guide us.  
NOTE Confidence: 0.78139058

00:08:56.810 --> 00:08:58.644 You might put something in the chat.  
NOTE Confidence: 0.78139058

00:08:58.650 --> 00:08:59.562 Like examples,  
NOTE Confidence: 0.78139058

00:08:59.562 --> 00:09:02.298 I face illness and want to  
NOTE Confidence: 0.78139058

00:09:02.298 --> 00:09:05.289 understand how I might grow or I'm  
NOTE Confidence: 0.78139058

00:09:05.289 --> 00:09:07.843 exhausted by the pandemic and want  
NOTE Confidence: 0.78139058

00:09:07.843 --> 00:09:10.218 to understand what that means,  
NOTE Confidence: 0.78139058

00:09:10.220 --> 00:09:12.558 or I'm I'm grieving my loss of  
NOTE Confidence: 0.78139058

00:09:12.558 --> 00:09:14.831 health and normalcy and I I don't  
NOTE Confidence: 0.78139058

00:09:14.831 --> 00:09:16.631 know what's going to come next.  
NOTE Confidence: 0.78139058

00:09:16.640 --> 00:09:17.776 Those kinds of questions,

NOTE Confidence: 0.78139058  
00:09:17.776 --> 00:09:19.480 whatever it is that you bring,  
NOTE Confidence: 0.78139058  
00:09:19.480 --> 00:09:21.698 put it in the Q&A and and we'll  
NOTE Confidence: 0.78139058  
00:09:21.698 --> 00:09:24.730 be able to get a sense for where  
NOTE Confidence: 0.78139058  
00:09:24.823 --> 00:09:26.899 people are coming from.  
NOTE Confidence: 0.78139058  
00:09:26.900 --> 00:09:28.985 So we were talking about  
NOTE Confidence: 0.78139058  
00:09:28.985 --> 00:09:30.653 something more than resiliency.  
NOTE Confidence: 0.78139058  
00:09:30.660 --> 00:09:31.400 Here,  
NOTE Confidence: 0.78139058  
00:09:31.400 --> 00:09:35.840 resiliency is described as bouncing back,  
NOTE Confidence: 0.78139058  
00:09:35.840 --> 00:09:37.600 while resiliency is important.  
NOTE Confidence: 0.78139058  
00:09:37.600 --> 00:09:40.240 It is not the subject of  
NOTE Confidence: 0.78139058  
00:09:40.327 --> 00:09:42.169 our conversation today.  
NOTE Confidence: 0.78139058  
00:09:42.170 --> 00:09:44.800 What we are talking about.  
NOTE Confidence: 0.78139058  
00:09:44.800 --> 00:09:49.768 Is how by honestly looking at our experience.  
NOTE Confidence: 0.78139058  
00:09:49.770 --> 00:09:52.250 There is potential for growth.  
NOTE Confidence: 0.78139058  
00:09:52.250 --> 00:09:56.006 Imagine 3 balls in your mind.  
NOTE Confidence: 0.78139058

00:09:56.010 --> 00:09:59.890 First imagine a basketball.  
NOTE Confidence: 0.78139058

00:09:59.890 --> 00:10:02.170 When you bounce a basketball,  
NOTE Confidence: 0.78139058

00:10:02.170 --> 00:10:06.664 it bounces right back into your hands.  
NOTE Confidence: 0.78139058

00:10:06.670 --> 00:10:09.918 That might be a description of what  
NOTE Confidence: 0.78139058

00:10:09.918 --> 00:10:12.678 resiliency is like when you go down,  
NOTE Confidence: 0.78139058

00:10:12.678 --> 00:10:14.842 you come right back up to  
NOTE Confidence: 0.78139058

00:10:14.842 --> 00:10:16.650 where you were before.  
NOTE Confidence: 0.78139058

00:10:16.650 --> 00:10:21.996 Second, I want you to imagine a bowling ball.  
NOTE Confidence: 0.78139058

00:10:22.000 --> 00:10:23.720 When you put a bowling  
NOTE Confidence: 0.78139058

00:10:23.720 --> 00:10:25.440 ball down on the floor,  
NOTE Confidence: 0.78139058

00:10:25.440 --> 00:10:28.208 it doesn't bounce back.  
NOTE Confidence: 0.78139058

00:10:28.210 --> 00:10:30.928 And this may be an example,  
NOTE Confidence: 0.78139058

00:10:30.930 --> 00:10:35.628 at least for a time of post traumatic stress.  
NOTE Confidence: 0.78139058

00:10:35.630 --> 00:10:38.020 We're not talking about post  
NOTE Confidence: 0.78139058

00:10:38.020 --> 00:10:40.410 traumatic stress so much today.  
NOTE Confidence: 0.78139058

00:10:40.410 --> 00:10:43.070 What we are talking about is post



NOTE Confidence: 0.78139058

00:10:43.070 --> 00:10:45.525 traumatic growth and I want you to

NOTE Confidence: 0.78139058

00:10:45.525 --> 00:10:48.090 imagine in your mind's eye for a moment,

NOTE Confidence: 0.78139058

00:10:48.090 --> 00:10:50.688 one of those rubber bouncy balls.

NOTE Confidence: 0.78139058

00:10:50.690 --> 00:10:53.197 You know that kids play with and

NOTE Confidence: 0.78139058

00:10:53.197 --> 00:10:54.919 you take the bouncy ball and

NOTE Confidence: 0.78139058

00:10:54.919 --> 00:10:57.177 you throw it down and it bounces

NOTE Confidence: 0.78139058

00:10:57.177 --> 00:10:59.342 higher up above your head.

NOTE Confidence: 0.78139058

00:10:59.342 --> 00:11:02.822 That is what we are talking about

NOTE Confidence: 0.78139058

00:11:02.822 --> 00:11:05.987 today with post traumatic growth.

NOTE Confidence: 0.78139058

00:11:05.990 --> 00:11:08.920 We want to understand your

NOTE Confidence: 0.78139058

00:11:08.920 --> 00:11:11.264 motivations so you know,

NOTE Confidence: 0.933351695833333

00:11:11.270 --> 00:11:14.286 please. I hope you've added some of your

NOTE Confidence: 0.933351695833333

00:11:14.286 --> 00:11:16.858 reasons for being here, and I don't know.

NOTE Confidence: 0.933351695833333

00:11:16.858 --> 00:11:18.553 But if there's anything in the Q&A

NOTE Confidence: 0.933351695833333

00:11:18.553 --> 00:11:20.107 that we can share at this point.

NOTE Confidence: 0.83937809

00:11:22.490 --> 00:11:27.200 Yes, there is Kendall. We've got a  
NOTE Confidence: 0.83937809

00:11:27.200 --> 00:11:31.890 number of excellent sharing's here.  
NOTE Confidence: 0.83937809

00:11:31.890 --> 00:11:35.922 Just to give you a sampling of some divorce.  
NOTE Confidence: 0.83937809

00:11:35.930 --> 00:11:37.740 Chaplains who help patients and  
NOTE Confidence: 0.83937809

00:11:37.740 --> 00:11:40.127 families and deal with deal with  
NOTE Confidence: 0.83937809

00:11:40.127 --> 00:11:41.648 difficult daily experiences.  
NOTE Confidence: 0.83937809

00:11:41.650 --> 00:11:43.558 Grief, death, burnout.  
NOTE Confidence: 0.931797942857143

00:11:46.250 --> 00:11:48.665 Tired of being on high alert mode?  
NOTE Confidence: 0.931797942857143

00:11:48.670 --> 00:11:50.770 I need to get back to having  
NOTE Confidence: 0.931797942857143

00:11:50.770 --> 00:11:52.359 hope and living in peace.  
NOTE Confidence: 0.959032526666667

00:11:54.780 --> 00:11:55.806 I can go through all these,  
NOTE Confidence: 0.959032526666667

00:11:55.810 --> 00:11:57.730 but not sure if you wanted to respond,  
NOTE Confidence: 0.959032526666667

00:11:57.730 --> 00:12:00.220 but here's here's an interesting  
NOTE Confidence: 0.959032526666667

00:12:00.220 --> 00:12:02.915 one I'm joining due to several  
NOTE Confidence: 0.959032526666667

00:12:02.915 --> 00:12:04.671 traumatic and difficult events  
NOTE Confidence: 0.959032526666667

00:12:04.671 --> 00:12:06.957 over the last couple of years.

NOTE Confidence: 0.959032526666667  
00:12:06.960 --> 00:12:09.270 My own traumatic experience as a patient.  
NOTE Confidence: 0.94557321  
00:12:13.640 --> 00:12:15.494 With the birth of my daughter  
NOTE Confidence: 0.94557321  
00:12:15.494 --> 00:12:18.873 resulting in both of us in ICU stays  
NOTE Confidence: 0.94557321  
00:12:18.873 --> 00:12:22.128 the pandemic during the pandemic.  
NOTE Confidence: 0.94557321  
00:12:22.130 --> 00:12:24.470 Dealing with serious safety events.  
NOTE Confidence: 0.94557321  
00:12:24.470 --> 00:12:26.900 Death of an art hasn't.  
NOTE Confidence: 0.94557321  
00:12:26.900 --> 00:12:31.292 And death as an RN long like chronic illness.  
NOTE Confidence: 0.94557321  
00:12:31.292 --> 00:12:35.055 So number of. Pretty serious traumatic.  
NOTE Confidence: 0.94557321  
00:12:35.055 --> 00:12:37.708 Experience. Is there a nurse  
NOTE Confidence: 0.94557321  
00:12:37.708 --> 00:12:39.696 providing care 8 to 10 hours daily?  
NOTE Confidence: 0.94557321  
00:12:39.700 --> 00:12:41.540 Emotionally exhausted,  
NOTE Confidence: 0.94557321  
00:12:41.540 --> 00:12:43.380 compassion deleted.  
NOTE Confidence: 0.94557321  
00:12:43.380 --> 00:12:44.825 Loss a number of losses  
NOTE Confidence: 0.94557321  
00:12:44.825 --> 00:12:46.270 in the last few years.  
NOTE Confidence: 0.92262688625  
00:12:48.330 --> 00:12:51.348 Like to help staff navigate post  
NOTE Confidence: 0.92262688625

00:12:51.348 --> 00:12:53.341 pandemic challenges and life changes  
NOTE Confidence: 0.92262688625

00:12:53.341 --> 00:12:56.057 and how to make them feel better and  
NOTE Confidence: 0.92262688625

00:12:56.057 --> 00:12:58.563 not feel these changes as all negative.  
NOTE Confidence: 0.92262688625

00:12:58.570 --> 00:13:00.964 Pandemic is here to stay so we  
NOTE Confidence: 0.92262688625

00:13:00.964 --> 00:13:02.870 better thrive during our journey.  
NOTE Confidence: 0.92262688625

00:13:02.870 --> 00:13:05.759 A couple more. I know this is a lot,  
NOTE Confidence: 0.92262688625

00:13:05.760 --> 00:13:08.316 but I want to get this all out there.  
NOTE Confidence: 0.92262688625

00:13:08.320 --> 00:13:10.128 I want to be able to help patients  
NOTE Confidence: 0.92262688625

00:13:10.128 --> 00:13:11.716 and family members who are  
NOTE Confidence: 0.92262688625

00:13:11.716 --> 00:13:12.796 struggling and emotionally.  
NOTE Confidence: 0.92262688625

00:13:12.800 --> 00:13:15.668 I love that description that says post  
NOTE Confidence: 0.92262688625

00:13:15.668 --> 00:13:19.101 traumatic growth versus stress and  
NOTE Confidence: 0.92262688625

00:13:19.101 --> 00:13:21.507 then finally I'm joining after having  
NOTE Confidence: 0.92262688625

00:13:21.507 --> 00:13:23.699 survived stage four tongue cancer.  
NOTE Confidence: 0.92262688625

00:13:23.700 --> 00:13:27.702 Seeking insight on how to recapture  
NOTE Confidence: 0.92262688625

00:13:27.702 --> 00:13:29.036 myself again.

NOTE Confidence: 0.92262688625  
00:13:29.040 --> 00:13:33.610 So that's the range of what we've got so far.  
NOTE Confidence: 0.92262688625  
00:13:33.610 --> 00:13:34.300 Thank  
NOTE Confidence: 0.89253469375  
00:13:34.310 --> 00:13:37.215 you very much, but that's that's very  
NOTE Confidence: 0.89253469375  
00:13:37.215 --> 00:13:42.150 helpful now. Doctor Olsson, thank you.  
NOTE Confidence: 0.867463574285714  
00:13:42.150 --> 00:13:44.719 Could you advance the slide one please?  
NOTE Confidence: 0.6777879  
00:13:46.960 --> 00:13:50.076 Thank you so we we hear from the reasons  
NOTE Confidence: 0.6777879  
00:13:50.076 --> 00:13:53.151 that we have gathered here today that  
NOTE Confidence: 0.6777879  
00:13:53.151 --> 00:13:56.200 we've come for many different reasons.  
NOTE Confidence: 0.6777879  
00:13:56.200 --> 00:13:59.035 The pandemic has opened up has been  
NOTE Confidence: 0.6777879  
00:13:59.035 --> 00:14:01.767 a collective type of X traumatic  
NOTE Confidence: 0.6777879  
00:14:01.767 --> 00:14:04.157 experience that we've had together,  
NOTE Confidence: 0.6777879  
00:14:04.160 --> 00:14:06.440 which opens up the conversation.  
NOTE Confidence: 0.6777879  
00:14:06.440 --> 00:14:09.359 But you can see from the comments  
NOTE Confidence: 0.6777879  
00:14:09.359 --> 00:14:11.524 that people we are experiencing  
NOTE Confidence: 0.6777879  
00:14:11.524 --> 00:14:14.782 in the people in our lives in  
NOTE Confidence: 0.6777879

00:14:14.782 --> 00:14:17.018 our Community are experiencing.  
NOTE Confidence: 0.6777879

00:14:17.020 --> 00:14:18.880 Very difficult times.  
NOTE Confidence: 0.6777879

00:14:18.880 --> 00:14:22.878 Traumas of their own throughout the pandemic,  
NOTE Confidence: 0.6777879

00:14:22.878 --> 00:14:24.396 before the pandemic.  
NOTE Confidence: 0.6777879

00:14:24.400 --> 00:14:26.880 And now that's just added to it that  
NOTE Confidence: 0.6777879

00:14:26.880 --> 00:14:29.530 we have the pandemic and people who  
NOTE Confidence: 0.6777879

00:14:29.530 --> 00:14:31.380 may have recovered from previous  
NOTE Confidence: 0.6777879

00:14:31.380 --> 00:14:33.204 experiences in their lives that  
NOTE Confidence: 0.6777879

00:14:33.204 --> 00:14:35.244 were traumatic for them may have  
NOTE Confidence: 0.6777879

00:14:35.244 --> 00:14:37.014 learned things from their experience  
NOTE Confidence: 0.6777879

00:14:37.014 --> 00:14:39.592 in the past that they also bring  
NOTE Confidence: 0.6777879

00:14:39.592 --> 00:14:42.700 to this space as we here have this  
NOTE Confidence: 0.6777879

00:14:42.700 --> 00:14:45.112 collective wisdom as we come together  
NOTE Confidence: 0.6777879

00:14:45.112 --> 00:14:47.814 to think about how do we move.  
NOTE Confidence: 0.6777879

00:14:47.820 --> 00:14:50.879 Through this and what kind of frameworks  
NOTE Confidence: 0.6777879

00:14:50.879 --> 00:14:54.005 might help us to move through this

NOTE Confidence: 0.6777879

00:14:54.005 --> 00:14:57.234 more easily so we did explore this in

NOTE Confidence: 0.6777879

00:14:57.234 --> 00:14:59.351 both that individuals and organizations

NOTE Confidence: 0.6777879

00:14:59.351 --> 00:15:02.543 can use these types of frameworks to

NOTE Confidence: 0.6777879

00:15:02.543 --> 00:15:05.858 grow and learn through this experience.

NOTE Confidence: 0.6777879

00:15:05.860 --> 00:15:09.132 Today we're going to concentrate on us as

NOTE Confidence: 0.6777879

00:15:09.132 --> 00:15:11.357 individuals collecting here to move through,

NOTE Confidence: 0.6777879

00:15:11.360 --> 00:15:14.468 and how we might think about

NOTE Confidence: 0.6777879

00:15:14.468 --> 00:15:16.022 post traumatic growth.

NOTE Confidence: 0.6777879

00:15:16.030 --> 00:15:19.477 So here we have a health care worker holding

NOTE Confidence: 0.6777879

00:15:19.477 --> 00:15:22.764 up the world in this mural and post.

NOTE Confidence: 0.6777879

00:15:22.764 --> 00:15:25.566 Traumatic growth is a was described

NOTE Confidence: 0.6777879

00:15:25.566 --> 00:15:28.030 by two psychologist Dr.

NOTE Confidence: 0.6777879

00:15:28.030 --> 00:15:30.500 Tedeschi and Calhoun and they

NOTE Confidence: 0.6777879

00:15:30.500 --> 00:15:32.970 are people who've observed us.

NOTE Confidence: 0.6777879

00:15:32.970 --> 00:15:35.805 As we live our lives and some of the

NOTE Confidence: 0.6777879

00:15:35.805 --> 00:15:37.785 things that people did experience  
NOTE Confidence: 0.6777879

00:15:37.785 --> 00:15:41.005 where they were able to not only come  
NOTE Confidence: 0.6777879

00:15:41.005 --> 00:15:43.686 back but to grow through these times,  
NOTE Confidence: 0.6777879

00:15:43.690 --> 00:15:46.070 things that we would not wish upon  
NOTE Confidence: 0.6777879

00:15:46.070 --> 00:15:48.340 ourselves or wish upon other people.  
NOTE Confidence: 0.6777879

00:15:48.340 --> 00:15:50.830 But through which they have gone  
NOTE Confidence: 0.6777879

00:15:50.830 --> 00:15:52.944 through and it's we experience,  
NOTE Confidence: 0.6777879

00:15:52.944 --> 00:15:54.240 post traumatic growth,  
NOTE Confidence: 0.6777879

00:15:54.240 --> 00:15:56.592 not despite the troubles and the and  
NOTE Confidence: 0.6777879

00:15:56.592 --> 00:15:59.059 the trials and tribulations in life.  
NOTE Confidence: 0.6777879

00:15:59.060 --> 00:16:00.204 But because of them.  
NOTE Confidence: 0.6777879

00:16:00.204 --> 00:16:02.326 And we're going to talk a little  
NOTE Confidence: 0.6777879

00:16:02.326 --> 00:16:04.342 bit about how we struggle with  
NOTE Confidence: 0.6777879

00:16:04.342 --> 00:16:06.230 those trials and tribulations.  
NOTE Confidence: 0.6777879

00:16:06.230 --> 00:16:10.168 And it can be our teacher, and we can grow.  
NOTE Confidence: 0.6777879

00:16:10.170 --> 00:16:14.618 So if we could advance one more slide.



NOTE Confidence: 0.6777879

00:16:14.620 --> 00:16:16.780 So many of you may have seen this

NOTE Confidence: 0.6777879

00:16:16.780 --> 00:16:19.059 as we've talked about the pandemic.

NOTE Confidence: 0.6777879

00:16:19.060 --> 00:16:22.156 You can see where we start pre disaster

NOTE Confidence: 0.6777879

00:16:22.156 --> 00:16:26.129 at a certain emotional level and we may

NOTE Confidence: 0.6777879

00:16:26.129 --> 00:16:29.620 have started perhaps stress to begin with.

NOTE Confidence: 0.6777879

00:16:29.620 --> 00:16:31.970 Or anyway was our status

NOTE Confidence: 0.6777879

00:16:31.970 --> 00:16:34.705 quo and when something?

NOTE Confidence: 0.6777879

00:16:34.705 --> 00:16:38.480 Disrupts our life so profoundly

NOTE Confidence: 0.6777879

00:16:38.480 --> 00:16:40.870 that we call it traumatic.

NOTE Confidence: 0.6777879

00:16:40.870 --> 00:16:42.652 And especially with the pandemic and

NOTE Confidence: 0.6777879

00:16:42.652 --> 00:16:44.560 and some things we've gone through,

NOTE Confidence: 0.6777879

00:16:44.560 --> 00:16:48.128 especially if it threatens.

NOTE Confidence: 0.6777879

00:16:48.130 --> 00:16:50.080 If we've been exposed to or

NOTE Confidence: 0.6777879

00:16:50.080 --> 00:16:52.494 threatened our own life or the OR the

NOTE Confidence: 0.6777879

00:16:52.494 --> 00:16:54.450 lives of others or those we love,

NOTE Confidence: 0.6777879

00:16:54.450 --> 00:16:55.730 those we've experienced that  
NOTE Confidence: 0.6777879

00:16:55.730 --> 00:16:57.330 can really shake us up,  
NOTE Confidence: 0.6777879

00:16:57.330 --> 00:17:00.574 and we may at first our adrenaline  
NOTE Confidence: 0.6777879

00:17:00.574 --> 00:17:02.910 kicks in and we rise to the occasion.  
NOTE Confidence: 0.6777879

00:17:02.910 --> 00:17:05.773 But then we can sometimes feel when  
NOTE Confidence: 0.6777879

00:17:05.773 --> 00:17:07.790 everything is shifted around us,  
NOTE Confidence: 0.6777879

00:17:07.790 --> 00:17:10.464 that the rugs been pulled out from  
NOTE Confidence: 0.6777879

00:17:10.464 --> 00:17:12.655 underneath us and our worldview  
NOTE Confidence: 0.6777879

00:17:12.655 --> 00:17:14.110 has been shattered.  
NOTE Confidence: 0.6777879

00:17:14.110 --> 00:17:15.650 Maybe it has really affected  
NOTE Confidence: 0.6777879

00:17:15.650 --> 00:17:17.190 how we feel about our  
NOTE Confidence: 0.933848354285714

00:17:17.257 --> 00:17:18.797 identity or our security.  
NOTE Confidence: 0.933848354285714

00:17:18.800 --> 00:17:21.446 Or the way the world works.  
NOTE Confidence: 0.933848354285714

00:17:21.450 --> 00:17:23.062 Somehow we might find  
NOTE Confidence: 0.933848354285714

00:17:23.062 --> 00:17:25.077 ourselves kind of free falling,  
NOTE Confidence: 0.933848354285714

00:17:25.080 --> 00:17:27.879 and we may be down where you see the

NOTE Confidence: 0.933848354285714  
00:17:27.879 --> 00:17:30.998 low parts of the emotional curve there.  
NOTE Confidence: 0.933848354285714  
00:17:31.000 --> 00:17:32.880 We may find ourselves there  
NOTE Confidence: 0.933848354285714  
00:17:32.880 --> 00:17:35.240 first before we can even think  
NOTE Confidence: 0.933848354285714  
00:17:35.240 --> 00:17:37.658 about moving on to anything else,  
NOTE Confidence: 0.933848354285714  
00:17:37.660 --> 00:17:39.795 or what we might learn from it.  
NOTE Confidence: 0.933848354285714  
00:17:39.800 --> 00:17:42.240 And that may be a time of grief.  
NOTE Confidence: 0.933848354285714  
00:17:42.240 --> 00:17:43.521 We made bury.  
NOTE Confidence: 0.933848354285714  
00:17:43.521 --> 00:17:47.413 We may be grieving and the word bereavement  
NOTE Confidence: 0.933848354285714  
00:17:47.413 --> 00:17:49.746 means if you look up in the dictionary,  
NOTE Confidence: 0.933848354285714  
00:17:49.750 --> 00:17:51.670 it means to be.  
NOTE Confidence: 0.933848354285714  
00:17:51.670 --> 00:17:54.616 Deprived of or robbed or Caesar taken  
NOTE Confidence: 0.933848354285714  
00:17:54.616 --> 00:17:57.689 away something that was very dear to you,  
NOTE Confidence: 0.933848354285714  
00:17:57.690 --> 00:17:58.746 someone or something that  
NOTE Confidence: 0.933848354285714  
00:17:58.746 --> 00:18:00.066 was very dear to you.  
NOTE Confidence: 0.933848354285714  
00:18:00.070 --> 00:18:02.247 That sense of your future has been  
NOTE Confidence: 0.933848354285714

00:18:02.247 --> 00:18:04.536 robbed from you as you thought it was

NOTE Confidence: 0.933848354285714

00:18:04.536 --> 00:18:06.142 going to be what you thought your

NOTE Confidence: 0.933848354285714

00:18:06.142 --> 00:18:08.029 life was going to be may have changed.

NOTE Confidence: 0.933848354285714

00:18:08.030 --> 00:18:12.384 So it's a time where we are.

NOTE Confidence: 0.933848354285714

00:18:12.390 --> 00:18:14.320 Coming to terms with that,

NOTE Confidence: 0.933848354285714

00:18:14.320 --> 00:18:16.546 and it's important to honor that and

NOTE Confidence: 0.933848354285714

00:18:16.546 --> 00:18:18.966 this the there's a term now that

NOTE Confidence: 0.933848354285714

00:18:18.966 --> 00:18:21.060 people are talking about toxic positivity.

NOTE Confidence: 0.933848354285714

00:18:21.060 --> 00:18:24.130 We are not trying to.

NOTE Confidence: 0.933848354285714

00:18:24.130 --> 00:18:25.915 Move through something that you

NOTE Confidence: 0.933848354285714

00:18:25.915 --> 00:18:28.379 first have to honor the loss and

NOTE Confidence: 0.933848354285714

00:18:28.379 --> 00:18:29.909 the grief that you have.

NOTE Confidence: 0.933848354285714

00:18:29.910 --> 00:18:32.017 And one thing you want to do

NOTE Confidence: 0.933848354285714

00:18:32.017 --> 00:18:34.502 while you are honoring that and

NOTE Confidence: 0.933848354285714

00:18:34.502 --> 00:18:36.008 experiencing that grief,

NOTE Confidence: 0.933848354285714

00:18:36.010 --> 00:18:39.580 is to recognize when you are then

NOTE Confidence: 0.933848354285714  
00:18:39.580 --> 00:18:41.870 moving into adaptive coping,  
NOTE Confidence: 0.933848354285714  
00:18:41.870 --> 00:18:44.090 perhaps reaching out of thinking.  
NOTE Confidence: 0.933848354285714  
00:18:44.090 --> 00:18:45.470 Who can help me through this?  
NOTE Confidence: 0.933848354285714  
00:18:45.470 --> 00:18:46.858 Who can support me?  
NOTE Confidence: 0.933848354285714  
00:18:46.858 --> 00:18:48.593 Who might understand what I've  
NOTE Confidence: 0.933848354285714  
00:18:48.593 --> 00:18:50.666 been through and who can show me  
NOTE Confidence: 0.933848354285714  
00:18:50.666 --> 00:18:52.954 some of the ways that they've grown  
NOTE Confidence: 0.933848354285714  
00:18:52.954 --> 00:18:54.804 and learn or rolled modeled?  
NOTE Confidence: 0.933848354285714  
00:18:54.810 --> 00:18:56.301 Versus maladaptive coping,  
NOTE Confidence: 0.933848354285714  
00:18:56.301 --> 00:18:59.283 where you might find yourself numbing  
NOTE Confidence: 0.933848354285714  
00:18:59.283 --> 00:19:01.821 or avoiding or cutting yourself  
NOTE Confidence: 0.933848354285714  
00:19:01.821 --> 00:19:05.210 off from people and shutting yourself down.  
NOTE Confidence: 0.933848354285714  
00:19:05.210 --> 00:19:08.386 And then as we as we think about.  
NOTE Confidence: 0.933848354285714  
00:19:08.390 --> 00:19:10.814 What do we do now with these feelings  
NOTE Confidence: 0.933848354285714  
00:19:10.814 --> 00:19:13.115 that we have as we're ruminating  
NOTE Confidence: 0.933848354285714

00:19:13.115 --> 00:19:16.042 and thinking over what is the world  
NOTE Confidence: 0.933848354285714

00:19:16.042 --> 00:19:18.650 now as we think about that,  
NOTE Confidence: 0.933848354285714

00:19:18.650 --> 00:19:21.492 we'll move into how that choice of  
NOTE Confidence: 0.933848354285714

00:19:21.492 --> 00:19:25.080 how we think about that can help us  
NOTE Confidence: 0.933848354285714

00:19:25.080 --> 00:19:26.968 move into. Post traumatic growth.  
NOTE Confidence: 0.933848354285714

00:19:26.968 --> 00:19:30.279 If we could just go to the next slide here.  
NOTE Confidence: 0.962793475714286

00:19:33.470 --> 00:19:36.060 So when we think about the pandemic,  
NOTE Confidence: 0.962793475714286

00:19:36.060 --> 00:19:37.950 we didn't have any way around it.  
NOTE Confidence: 0.962793475714286

00:19:37.950 --> 00:19:39.438 There was no shortcuts.  
NOTE Confidence: 0.962793475714286

00:19:39.438 --> 00:19:42.589 You couldn't go over it under it round it.  
NOTE Confidence: 0.962793475714286

00:19:42.590 --> 00:19:44.036 We had to go through it.  
NOTE Confidence: 0.962793475714286

00:19:44.040 --> 00:19:47.330 There wasn't really any other way to  
NOTE Confidence: 0.962793475714286

00:19:47.330 --> 00:19:51.088 avoid it as a healthcare community.  
NOTE Confidence: 0.962793475714286

00:19:51.090 --> 00:19:52.812 And same with some of the things  
NOTE Confidence: 0.962793475714286

00:19:52.812 --> 00:19:54.308 that we faced in our lives,  
NOTE Confidence: 0.962793475714286

00:19:54.310 --> 00:19:55.840 we never would have wished it

NOTE Confidence: 0.962793475714286  
00:19:55.840 --> 00:19:57.250 upon ourselves or other people.  
NOTE Confidence: 0.962793475714286  
00:19:57.250 --> 00:20:00.008 But we had to move through it.  
NOTE Confidence: 0.962793475714286  
00:20:00.010 --> 00:20:02.906 And then this creates a lot of tension.  
NOTE Confidence: 0.962793475714286  
00:20:02.910 --> 00:20:04.660 And a lot of stress.  
NOTE Confidence: 0.962793475714286  
00:20:04.660 --> 00:20:07.880 And then the question is who's driving  
NOTE Confidence: 0.962793475714286  
00:20:07.880 --> 00:20:11.121 is the stress driving you where that  
NOTE Confidence: 0.962793475714286  
00:20:11.121 --> 00:20:13.586 kind of searching for that ground?  
NOTE Confidence: 0.962793475714286  
00:20:13.586 --> 00:20:13.980 Again?  
NOTE Confidence: 0.962793475714286  
00:20:13.980 --> 00:20:16.040 Searching for the answers where  
NOTE Confidence: 0.962793475714286  
00:20:16.040 --> 00:20:18.566 you are looking for is it  
NOTE Confidence: 0.962793475714286  
00:20:18.566 --> 00:20:20.858 driving you to withdraw to numb,  
NOTE Confidence: 0.962793475714286  
00:20:20.860 --> 00:20:23.986 to move away from it, not face it?  
NOTE Confidence: 0.962793475714286  
00:20:23.986 --> 00:20:26.396 Or are you driving it?  
NOTE Confidence: 0.962793475714286  
00:20:26.400 --> 00:20:29.144 Is it trying to tell you something  
NOTE Confidence: 0.962793475714286  
00:20:29.150 --> 00:20:31.566 where it might point you to the answers  
NOTE Confidence: 0.962793475714286

00:20:31.566 --> 00:20:33.647 and point you to the way through?  
NOTE Confidence: 0.962793475714286

00:20:33.650 --> 00:20:36.576 Can it be a teacher if it's  
NOTE Confidence: 0.962793475714286

00:20:36.576 --> 00:20:37.830 not too overwhelming?  
NOTE Confidence: 0.962793475714286

00:20:37.830 --> 00:20:41.910 If it is overwhelming, you might need a.  
NOTE Confidence: 0.962793475714286

00:20:41.910 --> 00:20:43.884 Someone to go through that with you.  
NOTE Confidence: 0.962793475714286

00:20:43.890 --> 00:20:45.138 That's where you're looking  
NOTE Confidence: 0.962793475714286

00:20:45.138 --> 00:20:46.386 for those trust individuals,  
NOTE Confidence: 0.962793475714286

00:20:46.390 --> 00:20:48.586 even a health care professional who  
NOTE Confidence: 0.962793475714286

00:20:48.586 --> 00:20:51.510 can help you move through that if it's  
NOTE Confidence: 0.962793475714286

00:20:51.510 --> 00:20:56.270 if it's very overwhelmed to do alone.  
NOTE Confidence: 0.962793475714286

00:20:56.270 --> 00:20:59.486 And then we will go to the construct  
NOTE Confidence: 0.962793475714286

00:20:59.486 --> 00:21:02.850 of what Tedashii and Calhoun found.  
NOTE Confidence: 0.962793475714286

00:21:02.850 --> 00:21:06.112 So today she and Calhoun found that  
NOTE Confidence: 0.962793475714286

00:21:06.112 --> 00:21:09.805 some people who were going through  
NOTE Confidence: 0.962793475714286

00:21:09.805 --> 00:21:12.000 traumatic experiences and moving  
NOTE Confidence: 0.962793475714286

00:21:12.000 --> 00:21:14.555 through this stress as they tried to



NOTE Confidence: 0.962793475714286  
00:21:14.555 --> 00:21:17.215 reorder things and try to find a new  
NOTE Confidence: 0.962793475714286  
00:21:17.215 --> 00:21:19.768 narrative trying to find a new way forward.  
NOTE Confidence: 0.962793475714286  
00:21:19.770 --> 00:21:23.305 They found some themes that these people  
NOTE Confidence: 0.962793475714286  
00:21:23.305 --> 00:21:26.529 were experiencing and that they were open.  
NOTE Confidence: 0.962793475714286  
00:21:26.530 --> 00:21:27.958 To one is they.  
NOTE Confidence: 0.962793475714286  
00:21:27.958 --> 00:21:30.100 Many of these people who experience  
NOTE Confidence: 0.962793475714286  
00:21:30.170 --> 00:21:32.858 post traumatic growth had a greater  
NOTE Confidence: 0.962793475714286  
00:21:32.858 --> 00:21:35.058 appreciation of life because of  
NOTE Confidence: 0.962793475714286  
00:21:35.058 --> 00:21:37.312 what they had gone through there.  
NOTE Confidence: 0.962793475714286  
00:21:37.312 --> 00:21:40.684 Experiencing a greater clarity about things.  
NOTE Confidence: 0.962793475714286  
00:21:40.690 --> 00:21:43.480 They were open to new possibilities  
NOTE Confidence: 0.962793475714286  
00:21:43.480 --> 00:21:46.807 of what the future may hold as they  
NOTE Confidence: 0.962793475714286  
00:21:46.810 --> 00:21:50.150 transformed the trials to triumph,  
NOTE Confidence: 0.962793475714286  
00:21:50.150 --> 00:21:52.550 and they found that there were  
NOTE Confidence: 0.962793475714286  
00:21:52.550 --> 00:21:54.150 deeper relationships that they  
NOTE Confidence: 0.962793475714286

00:21:54.224 --> 00:21:56.590 discovered that they had to rely on.  
NOTE Confidence: 0.962793475714286

00:21:56.590 --> 00:21:58.550 People and people were there for them.  
NOTE Confidence: 0.962793475714286

00:21:58.550 --> 00:22:00.797 Or there were people who'd been through  
NOTE Confidence: 0.962793475714286

00:22:00.797 --> 00:22:02.943 things like they'd gone through and  
NOTE Confidence: 0.962793475714286

00:22:02.943 --> 00:22:06.230 that they were able to find those.  
NOTE Confidence: 0.962793475714286

00:22:06.230 --> 00:22:08.780 Alliances that comfort that support  
NOTE Confidence: 0.962793475714286

00:22:08.780 --> 00:22:12.072 by being open and a bit vulnerable  
NOTE Confidence: 0.962793475714286

00:22:12.072 --> 00:22:14.920 to those they could reach out to.  
NOTE Confidence: 0.962793475714286

00:22:14.920 --> 00:22:17.237 They found that they had a greater  
NOTE Confidence: 0.962793475714286

00:22:17.237 --> 00:22:19.485 sense of strength that it seemed  
NOTE Confidence: 0.962793475714286

00:22:19.485 --> 00:22:21.065 like something so insurmountable  
NOTE Confidence: 0.962793475714286

00:22:21.065 --> 00:22:23.414 that they were never going to get  
NOTE Confidence: 0.962793475714286

00:22:23.414 --> 00:22:25.520 through it or find a way forward.  
NOTE Confidence: 0.962793475714286

00:22:25.520 --> 00:22:27.360 When when it first,  
NOTE Confidence: 0.962793475714286

00:22:27.360 --> 00:22:30.392 when they were first faced with this and  
NOTE Confidence: 0.962793475714286

00:22:30.392 --> 00:22:33.587 then they found new and creative ways to.

NOTE Confidence: 0.962793475714286  
00:22:33.590 --> 00:22:36.110 To be and they discovered us a well  
NOTE Confidence: 0.962793475714286  
00:22:36.110 --> 00:22:38.020 of strength within themselves that  
NOTE Confidence: 0.962793475714286  
00:22:38.020 --> 00:22:40.432 they didn't know that they had,  
NOTE Confidence: 0.962793475714286  
00:22:40.440 --> 00:22:42.387 which was remarkable,  
NOTE Confidence: 0.962793475714286  
00:22:42.387 --> 00:22:45.632 and some have experienced a  
NOTE Confidence: 0.962793475714286  
00:22:45.632 --> 00:22:46.930 spiritual deepening,  
NOTE Confidence: 0.962793475714286  
00:22:46.930 --> 00:22:49.606 not necessarily in the religious sense,  
NOTE Confidence: 0.962793475714286  
00:22:49.610 --> 00:22:51.934 but in the sense of a transformational  
NOTE Confidence: 0.962793475714286  
00:22:51.934 --> 00:22:53.880 meaning of what a deepening of  
NOTE Confidence: 0.962793475714286  
00:22:53.880 --> 00:22:55.945 what was clear and true for them,  
NOTE Confidence: 0.962124884615385  
00:22:55.950 --> 00:22:58.848 what their values were, and what it  
NOTE Confidence: 0.962124884615385  
00:22:58.848 --> 00:23:02.569 meant to be almost transcendent beyond.  
NOTE Confidence: 0.962124884615385  
00:23:02.570 --> 00:23:05.674 The self and what they were going through,  
NOTE Confidence: 0.962124884615385  
00:23:05.680 --> 00:23:09.516 so these were some of the the  
NOTE Confidence: 0.962124884615385  
00:23:09.516 --> 00:23:12.674 experiences that people who experience  
NOTE Confidence: 0.962124884615385

00:23:12.674 --> 00:23:15.929 post traumatic growth did demonstrate.  
NOTE Confidence: 0.962124884615385

00:23:15.930 --> 00:23:18.582 Now it. It's suggested that maybe  
NOTE Confidence: 0.962124884615385

00:23:18.582 --> 00:23:21.825 if we were aware of these domains  
NOTE Confidence: 0.962124884615385

00:23:21.825 --> 00:23:25.045 that it would be possible that more  
NOTE Confidence: 0.962124884615385

00:23:25.137 --> 00:23:27.602 people could experience them if  
NOTE Confidence: 0.962124884615385

00:23:27.602 --> 00:23:30.046 we were awake to the possibility.  
NOTE Confidence: 0.962124884615385

00:23:30.046 --> 00:23:32.649 So that's yet to be seen and  
NOTE Confidence: 0.962124884615385

00:23:32.649 --> 00:23:34.707 we will learn as a community.  
NOTE Confidence: 0.962124884615385

00:23:34.710 --> 00:23:36.982 And I'm going to now turn it over  
NOTE Confidence: 0.962124884615385

00:23:36.982 --> 00:23:38.250 to Chaplain Palladino.  
NOTE Confidence: 0.962124884615385

00:23:38.250 --> 00:23:41.154 Who can help us with moving through grief?  
NOTE Confidence: 0.9477209375

00:23:44.910 --> 00:23:45.978 Thank you Doctor Wilson.  
NOTE Confidence: 0.81054914

00:23:48.540 --> 00:23:51.037 So I'd like to talk a little bit  
NOTE Confidence: 0.81054914

00:23:51.037 --> 00:23:53.729 about grief and post traumatic growth.  
NOTE Confidence: 0.81054914

00:23:53.730 --> 00:23:56.004 Partly what grief is and what  
NOTE Confidence: 0.81054914

00:23:56.004 --> 00:23:58.791 it isn't and what we're talking

NOTE Confidence: 0.81054914

00:23:58.791 --> 00:24:01.159 about specifically with grief.

NOTE Confidence: 0.81054914

00:24:01.160 --> 00:24:03.799 You know when we have a loss,

NOTE Confidence: 0.81054914

00:24:03.800 --> 00:24:06.998 whether it's the loss of security.

NOTE Confidence: 0.81054914

00:24:07.000 --> 00:24:08.832 The loss of health.

NOTE Confidence: 0.81054914

00:24:08.832 --> 00:24:11.580 The loss of a loved one.

NOTE Confidence: 0.81054914

00:24:11.580 --> 00:24:14.492 Whatever it may be, we have a reaction

NOTE Confidence: 0.81054914

00:24:14.492 --> 00:24:16.928 and that reaction is holistic.

NOTE Confidence: 0.81054914

00:24:16.930 --> 00:24:18.094 It's not only emotional,

NOTE Confidence: 0.81054914

00:24:18.094 --> 00:24:20.820 but it is that it's not only spiritual,

NOTE Confidence: 0.81054914

00:24:20.820 --> 00:24:22.248 but it is that it's social.

NOTE Confidence: 0.81054914

00:24:22.250 --> 00:24:25.046 Also, financial, physical, mental.

NOTE Confidence: 0.81054914

00:24:25.046 --> 00:24:29.880 It's our complete response to a loss.

NOTE Confidence: 0.81054914

00:24:29.880 --> 00:24:32.676 And grief hits people in waves.

NOTE Confidence: 0.81054914

00:24:32.680 --> 00:24:34.880 It's cyclical, more than stage,

NOTE Confidence: 0.81054914

00:24:34.880 --> 00:24:38.345 like a lot of times the early

NOTE Confidence: 0.81054914

00:24:38.345 --> 00:24:41.836 education on grief was confused and and  
NOTE Confidence: 0.81054914

00:24:41.836 --> 00:24:44.132 talked about it in terms of stages,  
NOTE Confidence: 0.81054914

00:24:44.140 --> 00:24:46.912 as if there was a beginning and an end.  
NOTE Confidence: 0.81054914

00:24:46.920 --> 00:24:49.584 But grief is more cyclical and  
NOTE Confidence: 0.81054914

00:24:49.584 --> 00:24:51.360 hits us in waves,  
NOTE Confidence: 0.81054914

00:24:51.360 --> 00:24:53.640 and we alternate between  
NOTE Confidence: 0.81054914

00:24:53.640 --> 00:24:55.920 a sense of reconstruction.  
NOTE Confidence: 0.81054914

00:24:55.920 --> 00:24:58.878 And loss, so we're feeling more.  
NOTE Confidence: 0.81054914

00:24:58.880 --> 00:25:01.890 The emptiness of the loss at sometimes  
NOTE Confidence: 0.81054914

00:25:01.890 --> 00:25:04.320 and other times we're feeling more.  
NOTE Confidence: 0.81054914

00:25:04.320 --> 00:25:06.600 A sense of reconstruction or change,  
NOTE Confidence: 0.81054914

00:25:06.600 --> 00:25:10.016 and it alternates between those two things.  
NOTE Confidence: 0.81054914

00:25:10.020 --> 00:25:12.848 Grief is supposed to change and improve,  
NOTE Confidence: 0.81054914

00:25:12.850 --> 00:25:16.755 but it may not end unless we can get back  
NOTE Confidence: 0.81054914

00:25:16.755 --> 00:25:20.300 that person or that thing that we've lost.  
NOTE Confidence: 0.81054914

00:25:20.300 --> 00:25:21.254 For example,

NOTE Confidence: 0.81054914

00:25:21.254 --> 00:25:24.116 the security of knowing that I'm

NOTE Confidence: 0.81054914

00:25:24.116 --> 00:25:27.960 healthy or having no pandemic at all,

NOTE Confidence: 0.81054914

00:25:27.960 --> 00:25:30.095 unless we can get those

NOTE Confidence: 0.81054914

00:25:30.095 --> 00:25:31.376 things back altogether,

NOTE Confidence: 0.81054914

00:25:31.380 --> 00:25:34.838 we will continue to have some reaction,

NOTE Confidence: 0.81054914

00:25:34.840 --> 00:25:39.226 some holistic response to the loss.

NOTE Confidence: 0.81054914

00:25:39.230 --> 00:25:43.367 But it does improve and change overtime,

NOTE Confidence: 0.81054914

00:25:43.370 --> 00:25:45.953 so it doesn't mean that we're in

NOTE Confidence: 0.81054914

00:25:45.953 --> 00:25:48.788 the midst and throes of active grief

NOTE Confidence: 0.81054914

00:25:48.788 --> 00:25:51.730 and very early grief all the time,

NOTE Confidence: 0.81054914

00:25:51.730 --> 00:25:53.962 but it does continue.

NOTE Confidence: 0.81054914

00:25:53.962 --> 00:25:56.796 Grief is very personal and

NOTE Confidence: 0.81054914

00:25:56.796 --> 00:25:59.776 specific to each of us.

NOTE Confidence: 0.81054914

00:25:59.780 --> 00:26:00.928 The loss.

NOTE Confidence: 0.81054914

00:26:00.928 --> 00:26:04.946 And the relationship we had to that

NOTE Confidence: 0.81054914

00:26:04.946 --> 00:26:07.060 thing to that person who we've  
NOTE Confidence: 0.81054914

00:26:07.060 --> 00:26:09.729 lost is going to be very different,  
NOTE Confidence: 0.81054914

00:26:09.730 --> 00:26:13.516 as different as any relationship is.  
NOTE Confidence: 0.81054914

00:26:13.520 --> 00:26:15.036 So in a family,  
NOTE Confidence: 0.81054914

00:26:15.036 --> 00:26:17.310 if somebody loses a father and  
NOTE Confidence: 0.81054914

00:26:17.401 --> 00:26:19.956 another sibling loses a father,  
NOTE Confidence: 0.81054914

00:26:19.960 --> 00:26:22.858 that loss is going to look different.  
NOTE Confidence: 0.81054914

00:26:22.860 --> 00:26:24.666 They're both in the same family and  
NOTE Confidence: 0.81054914

00:26:24.666 --> 00:26:26.319 it's they both the same person,  
NOTE Confidence: 0.81054914

00:26:26.320 --> 00:26:28.155 but the relationship was different  
NOTE Confidence: 0.81054914

00:26:28.155 --> 00:26:31.476 and the loss will be the size of the  
NOTE Confidence: 0.81054914

00:26:31.476 --> 00:26:33.600 relationship you have to that person,  
NOTE Confidence: 0.81054914

00:26:33.600 --> 00:26:37.926 or that thing that you've lost.  
NOTE Confidence: 0.81054914

00:26:37.930 --> 00:26:39.058 In grief,  
NOTE Confidence: 0.81054914

00:26:39.058 --> 00:26:43.006 most people benefit from feeling cared for,  
NOTE Confidence: 0.81054914

00:26:43.010 --> 00:26:44.789 loved and supported.



NOTE Confidence: 0.81054914

00:26:44.789 --> 00:26:46.568 And in grief,

NOTE Confidence: 0.81054914

00:26:46.570 --> 00:26:48.995 that's a normal natural human

NOTE Confidence: 0.81054914

00:26:48.995 --> 00:26:50.450 response to loss,

NOTE Confidence: 0.81054914

00:26:50.450 --> 00:26:52.754 and most people do not need

NOTE Confidence: 0.81054914

00:26:52.754 --> 00:26:53.906 therapy or counseling.

NOTE Confidence: 0.81054914

00:26:53.910 --> 00:26:58.320 It's a normal reaction human reaction.

NOTE Confidence: 0.81054914

00:26:58.320 --> 00:27:00.740 Some people do benefit from

NOTE Confidence: 0.81054914

00:27:00.740 --> 00:27:02.676 groups and others don't.

NOTE Confidence: 0.81054914

00:27:02.680 --> 00:27:05.916 Only a very small number, who grieve,

NOTE Confidence: 0.81054914

00:27:05.916 --> 00:27:08.160 require professional therapy,

NOTE Confidence: 0.81054914

00:27:08.160 --> 00:27:10.360 new meaning and purpose and

NOTE Confidence: 0.81054914

00:27:10.360 --> 00:27:12.120 nurturing fond memories of

NOTE Confidence: 0.81054914

00:27:12.120 --> 00:27:14.278 what we lost are important.

NOTE Confidence: 0.81054914

00:27:14.280 --> 00:27:16.387 And there are a very small number

NOTE Confidence: 0.81054914

00:27:16.387 --> 00:27:18.470 of people who get caught in

NOTE Confidence: 0.81054914

00:27:18.470 --> 00:27:20.325 complicated grief where it becomes  
NOTE Confidence: 0.81054914

00:27:20.325 --> 00:27:22.549 a pattern that they get caught in  
NOTE Confidence: 0.81054914

00:27:22.549 --> 00:27:24.929 and have a hard time getting out of.  
NOTE Confidence: 0.917461635555555

00:27:26.950 --> 00:27:29.418 These results are from.  
NOTE Confidence: 0.917461635555555

00:27:29.418 --> 00:27:34.522 My doctoral work and also from a review  
NOTE Confidence: 0.917461635555555

00:27:34.522 --> 00:27:38.380 of the existing literature on grief.  
NOTE Confidence: 0.917461635555555

00:27:38.380 --> 00:27:40.660 So how do we work through grief as  
NOTE Confidence: 0.917461635555555

00:27:40.660 --> 00:27:43.037 a part of post traumatic growth?  
NOTE Confidence: 0.917461635555555

00:27:43.040 --> 00:27:46.218 For as you saw in Doctor Olson.  
NOTE Confidence: 0.917461635555555

00:27:46.220 --> 00:27:47.960 A presentation that we  
NOTE Confidence: 0.917461635555555

00:27:47.960 --> 00:27:50.135 we go through a process,  
NOTE Confidence: 0.917461635555555

00:27:50.140 --> 00:27:52.982 a process when we face a certain  
NOTE Confidence: 0.917461635555555

00:27:52.982 --> 00:27:54.832 traumatic event or circumstances  
NOTE Confidence: 0.917461635555555

00:27:54.832 --> 00:27:58.444 and our emotions are at high levels  
NOTE Confidence: 0.917461635555555

00:27:58.444 --> 00:28:01.920 and low levels at different points.  
NOTE Confidence: 0.917461635555555

00:28:01.920 --> 00:28:03.608 At some point though,

NOTE Confidence: 0.917461635555555

00:28:03.608 --> 00:28:07.543 we have to deal with the reality of the

NOTE Confidence: 0.917461635555555

00:28:07.543 --> 00:28:12.750 loss and when we do that we go through grief.

NOTE Confidence: 0.917461635555555

00:28:12.750 --> 00:28:14.550 Grief is our normal human

NOTE Confidence: 0.917461635555555

00:28:14.550 --> 00:28:15.990 response to that loss,

NOTE Confidence: 0.917461635555555

00:28:15.990 --> 00:28:18.770 and how can we do it in a healthy way.

NOTE Confidence: 0.917461635555555

00:28:18.770 --> 00:28:21.829 So I've made a new monik that

NOTE Confidence: 0.917461635555555

00:28:21.829 --> 00:28:25.129 relies on my doctoral research.

NOTE Confidence: 0.917461635555555

00:28:25.130 --> 00:28:27.294 And the new monik.

NOTE Confidence: 0.917461635555555

00:28:27.294 --> 00:28:30.837 Is this the first thing to do is I

NOTE Confidence: 0.917461635555555

00:28:30.837 --> 00:28:33.140 just came back from Belize where

NOTE Confidence: 0.917461635555555

00:28:33.140 --> 00:28:36.614 I went with my son and one thing I

NOTE Confidence: 0.917461635555555

00:28:36.614 --> 00:28:38.930 I'll note and many people mentioned.

NOTE Confidence: 0.917461635555555

00:28:38.930 --> 00:28:40.790 One person in particular who's

NOTE Confidence: 0.917461635555555

00:28:40.790 --> 00:28:43.431 lived there 10 years but was from

NOTE Confidence: 0.917461635555555

00:28:43.431 --> 00:28:45.978 the United States is that that

NOTE Confidence: 0.917461635555555

00:28:45.978 --> 00:28:48.954 country and other countries are less  
NOTE Confidence: 0.9174616355555555

00:28:48.954 --> 00:28:51.289 individualistic than the United States.  
NOTE Confidence: 0.9174616355555555

00:28:51.290 --> 00:28:54.326 We tend to be very individualistic.  
NOTE Confidence: 0.9174616355555555

00:28:54.330 --> 00:28:56.017 We tend to try to want to.  
NOTE Confidence: 0.9174616355555555

00:28:56.020 --> 00:28:59.780 Nice things to try to do it alone.  
NOTE Confidence: 0.9174616355555555

00:28:59.780 --> 00:29:04.100 To try to be the giver and not the receiver,  
NOTE Confidence: 0.9174616355555555

00:29:04.100 --> 00:29:06.488 we try to be an ace.  
NOTE Confidence: 0.9174616355555555

00:29:06.490 --> 00:29:09.430 When really if you add an F to the ace,  
NOTE Confidence: 0.9174616355555555

00:29:09.430 --> 00:29:12.382 really what we need to do or what's  
NOTE Confidence: 0.9174616355555555

00:29:12.382 --> 00:29:15.229 helpful to do is to face the reality  
NOTE Confidence: 0.9174616355555555

00:29:15.229 --> 00:29:17.420 of the loss, the real emotions,  
NOTE Confidence: 0.9174616355555555

00:29:17.420 --> 00:29:19.642 the real effects, the emotional,  
NOTE Confidence: 0.9174616355555555

00:29:19.642 --> 00:29:21.220 spiritual, social, financial,  
NOTE Confidence: 0.9174616355555555

00:29:21.220 --> 00:29:23.012 physical, all those things.  
NOTE Confidence: 0.9174616355555555

00:29:23.012 --> 00:29:25.700 And to do it in community.  
NOTE Confidence: 0.9174616355555555

00:29:25.700 --> 00:29:28.094 Not to try to do it alone.

NOTE Confidence: 0.9174616355555555  
00:29:28.100 --> 00:29:30.218 But to do it with others,  
NOTE Confidence: 0.9174616355555555  
00:29:30.220 --> 00:29:33.111 so that's really one of the first  
NOTE Confidence: 0.9174616355555555  
00:29:33.111 --> 00:29:35.780 things about grief is can you do it?  
NOTE Confidence: 0.9174616355555555  
00:29:35.780 --> 00:29:38.756 Not trying to do it alone as a  
NOTE Confidence: 0.9174616355555555  
00:29:38.756 --> 00:29:41.380 sole individual. Can you do it?  
NOTE Confidence: 0.9174616355555555  
00:29:41.380 --> 00:29:45.460 Not trying to be the so-called strong one.  
NOTE Confidence: 0.9174616355555555  
00:29:45.460 --> 00:29:46.636 Four in grief,  
NOTE Confidence: 0.9174616355555555  
00:29:46.636 --> 00:29:50.629 if I can use an analogy of a hurricane.  
NOTE Confidence: 0.9174616355555555  
00:29:50.630 --> 00:29:54.660 You want in grief, not to be the oak tree.  
NOTE Confidence: 0.9174616355555555  
00:29:54.660 --> 00:29:57.614 Which stands tall and strong many times,  
NOTE Confidence: 0.9174616355555555  
00:29:57.620 --> 00:30:00.469 but in the hurricane gets knocked down.  
NOTE Confidence: 0.9174616355555555  
00:30:00.470 --> 00:30:03.046 But you wanna be the palm tree?  
NOTE Confidence: 0.9174616355555555  
00:30:03.050 --> 00:30:06.018 For the palm tree bends and  
NOTE Confidence: 0.9174616355555555  
00:30:06.018 --> 00:30:08.370 moves in the storm.  
NOTE Confidence: 0.9174616355555555  
00:30:08.370 --> 00:30:10.630 And with grief we need to do that as well,  
NOTE Confidence: 0.9174616355555555

00:30:10.630 --> 00:30:15.158 because as we said, grief comes in waves.  
NOTE Confidence: 0.9174616355555555

00:30:15.160 --> 00:30:18.373 So that's the first thing that you want to  
NOTE Confidence: 0.9174616355555555

00:30:18.373 --> 00:30:21.496 do when facing or when moving through grief,  
NOTE Confidence: 0.9174616355555555

00:30:21.496 --> 00:30:24.220 not to do it alone, not to be an ace,  
NOTE Confidence: 0.9174616355555555

00:30:24.220 --> 00:30:27.034 but to face the true reality  
NOTE Confidence: 0.9174616355555555

00:30:27.034 --> 00:30:28.910 of what you're experiencing.  
NOTE Confidence: 0.9174616355555555

00:30:28.910 --> 00:30:30.251 The second thing.  
NOTE Confidence: 0.9174616355555555

00:30:30.251 --> 00:30:34.180 Is a lot of times when we feel  
NOTE Confidence: 0.9174616355555555

00:30:34.180 --> 00:30:36.928 emotions that are difficult.  
NOTE Confidence: 0.9174616355555555

00:30:36.930 --> 00:30:40.026 We try to avoid them in different ways.  
NOTE Confidence: 0.9174616355555555

00:30:40.030 --> 00:30:43.090 Some of those are maladaptive ways.  
NOTE Confidence: 0.9174616355555555

00:30:43.090 --> 00:30:43.988 You know,  
NOTE Confidence: 0.9174616355555555

00:30:43.988 --> 00:30:46.682 perhaps by hiding our emotions by  
NOTE Confidence: 0.9174616355555555

00:30:46.682 --> 00:30:49.627 drinking a lot of wine after after  
NOTE Confidence: 0.9174616355555555

00:30:49.627 --> 00:30:52.170 work or or at different times.  
NOTE Confidence: 0.9174616355555555

00:30:52.170 --> 00:30:54.750 Or, you know sometimes that's OK,

NOTE Confidence: 0.9174616355555555  
00:30:54.750 --> 00:30:58.800 but sometimes that can become problematic.  
NOTE Confidence: 0.9174616355555555  
00:30:58.800 --> 00:31:01.572 So we also try to avoid by  
NOTE Confidence: 0.9174616355555555  
00:31:01.572 --> 00:31:02.760 binge watching on  
NOTE Confidence: 0.938037788181818  
00:31:02.850 --> 00:31:05.496 Netflix or by doing many things  
NOTE Confidence: 0.938037788181818  
00:31:05.496 --> 00:31:08.250 that will make us not think.  
NOTE Confidence: 0.938037788181818  
00:31:08.250 --> 00:31:10.488 About the difficulties  
NOTE Confidence: 0.938037788181818  
00:31:10.488 --> 00:31:12.726 that we're experiencing.  
NOTE Confidence: 0.938037788181818  
00:31:12.730 --> 00:31:14.930 Again, that can be a way in which  
NOTE Confidence: 0.938037788181818  
00:31:14.930 --> 00:31:17.679 we like and he'll try to slip away  
NOTE Confidence: 0.938037788181818  
00:31:17.679 --> 00:31:19.919 from the difficult aspects of grief  
NOTE Confidence: 0.938037788181818  
00:31:19.919 --> 00:31:21.784 rather than moving through it.  
NOTE Confidence: 0.938037788181818  
00:31:21.790 --> 00:31:24.290 And as Doctor Olson said,  
NOTE Confidence: 0.938037788181818  
00:31:24.290 --> 00:31:27.195 with the pandemic, we couldn't do that.  
NOTE Confidence: 0.938037788181818  
00:31:27.200 --> 00:31:29.904 With major traumatic experiences,  
NOTE Confidence: 0.938037788181818  
00:31:29.904 --> 00:31:32.304 we cannot avoid them.  
NOTE Confidence: 0.938037788181818

00:31:32.304 --> 00:31:35.436 We need to move through them.  
NOTE Confidence: 0.938037788181818

00:31:35.440 --> 00:31:38.344 And it's difficult to see others  
NOTE Confidence: 0.938037788181818

00:31:38.344 --> 00:31:40.280 go through hard experiences.  
NOTE Confidence: 0.938037788181818

00:31:40.280 --> 00:31:42.865 It's difficult to go through  
NOTE Confidence: 0.938037788181818

00:31:42.865 --> 00:31:43.899 hard experiences,  
NOTE Confidence: 0.938037788181818

00:31:43.900 --> 00:31:46.340 and yet we need to not be like the eel,  
NOTE Confidence: 0.938037788181818

00:31:46.340 --> 00:31:49.556 but we need to feel supported.  
NOTE Confidence: 0.938037788181818

00:31:49.560 --> 00:31:53.640 Not that we need to feel every emotion,  
NOTE Confidence: 0.938037788181818

00:31:53.640 --> 00:31:57.539 but that we need to feel supported  
NOTE Confidence: 0.938037788181818

00:31:57.539 --> 00:32:00.129 through the emotions of loss.  
NOTE Confidence: 0.938037788181818

00:32:00.130 --> 00:32:02.215 So whatever that is that  
NOTE Confidence: 0.938037788181818

00:32:02.215 --> 00:32:04.740 supports you to seek it out,  
NOTE Confidence: 0.938037788181818

00:32:04.740 --> 00:32:07.918 whether that is the efr here or  
NOTE Confidence: 0.938037788181818

00:32:07.918 --> 00:32:10.326 whether for employees or whether  
NOTE Confidence: 0.938037788181818

00:32:10.326 --> 00:32:13.679 that's counseling or whether that is a  
NOTE Confidence: 0.938037788181818

00:32:13.679 --> 00:32:16.664 friend who will listen to you really



NOTE Confidence: 0.938037788181818  
00:32:16.664 --> 00:32:19.864 listen to you and walk with you.  
NOTE Confidence: 0.938037788181818  
00:32:19.864 --> 00:32:21.976 But to feel supported.  
NOTE Confidence: 0.938037788181818  
00:32:21.980 --> 00:32:25.137 Then in time in feeling supported through  
NOTE Confidence: 0.938037788181818  
00:32:25.137 --> 00:32:28.880 the loss as you walk through that loss,  
NOTE Confidence: 0.938037788181818  
00:32:28.880 --> 00:32:31.270 there is a relationship sized  
NOTE Confidence: 0.938037788181818  
00:32:31.270 --> 00:32:33.660 hole that comes with loss.  
NOTE Confidence: 0.938037788181818  
00:32:33.660 --> 00:32:36.271 So whatever or holes depending on the  
NOTE Confidence: 0.938037788181818  
00:32:36.271 --> 00:32:39.010 law says that a person experiences,  
NOTE Confidence: 0.938037788181818  
00:32:39.010 --> 00:32:41.050 so our loss of security,  
NOTE Confidence: 0.938037788181818  
00:32:41.050 --> 00:32:42.758 our loss of health,  
NOTE Confidence: 0.938037788181818  
00:32:42.758 --> 00:32:45.320 our loss of many other things.  
NOTE Confidence: 0.938037788181818  
00:32:45.320 --> 00:32:47.468 I've divided up what people came  
NOTE Confidence: 0.938037788181818  
00:32:47.468 --> 00:32:49.760 here about and A5 categories.  
NOTE Confidence: 0.938037788181818  
00:32:49.760 --> 00:32:52.630 People talked about secondary trauma.  
NOTE Confidence: 0.938037788181818  
00:32:52.630 --> 00:32:54.550 In compassion, fatigue, burnout.  
NOTE Confidence: 0.938037788181818

00:32:54.550 --> 00:32:57.430 They talked about high alert mode.

NOTE Confidence: 0.938037788181818

00:32:57.430 --> 00:32:59.818 They talked about illness,

NOTE Confidence: 0.938037788181818

00:32:59.818 --> 00:33:01.609 chronic or otherwise.

NOTE Confidence: 0.938037788181818

00:33:01.610 --> 00:33:03.848 They talked about wanting to help

NOTE Confidence: 0.938037788181818

00:33:03.848 --> 00:33:05.798 others and talked about grief

NOTE Confidence: 0.938037788181818

00:33:05.798 --> 00:33:07.366 and rediscovery of self.

NOTE Confidence: 0.938037788181818

00:33:07.370 --> 00:33:09.188 So those are the five general

NOTE Confidence: 0.938037788181818

00:33:09.188 --> 00:33:10.400 categories that brought people

NOTE Confidence: 0.938037788181818

00:33:10.460 --> 00:33:12.028 here whatever they're grieving,

NOTE Confidence: 0.938037788181818

00:33:12.030 --> 00:33:14.766 whether it's divorce or or loss

NOTE Confidence: 0.938037788181818

00:33:14.766 --> 00:33:16.590 or death or whatever.

NOTE Confidence: 0.938037788181818

00:33:16.590 --> 00:33:18.830 And one of the things that we need

NOTE Confidence: 0.938037788181818

00:33:18.830 --> 00:33:21.398 to do is really look carefully and

NOTE Confidence: 0.938037788181818

00:33:21.398 --> 00:33:23.751 reflect carefully on how a loss

NOTE Confidence: 0.938037788181818

00:33:23.751 --> 00:33:25.857 might have affected us and where

NOTE Confidence: 0.938037788181818

00:33:25.857 --> 00:33:28.870 there may be a gap or a whole.

NOTE Confidence: 0.938037788181818  
00:33:28.870 --> 00:33:31.880 We don't do this early in grief because  
NOTE Confidence: 0.938037788181818  
00:33:31.880 --> 00:33:34.050 it's too early to really do that.  
NOTE Confidence: 0.938037788181818  
00:33:34.050 --> 00:33:35.790 You need support early in grief,  
NOTE Confidence: 0.938037788181818  
00:33:35.790 --> 00:33:38.222 but in time you begin to notice that  
NOTE Confidence: 0.938037788181818  
00:33:38.222 --> 00:33:40.940 there is a hole and that is the vacuum  
NOTE Confidence: 0.938037788181818  
00:33:40.940 --> 00:33:43.773 in which post traumatic growth has an  
NOTE Confidence: 0.938037788181818  
00:33:43.773 --> 00:33:46.566 opportunity to thrive and to come about.  
NOTE Confidence: 0.938037788181818  
00:33:46.570 --> 00:33:49.876 In our lives because as we  
NOTE Confidence: 0.938037788181818  
00:33:49.876 --> 00:33:52.145 rebuild our lives as one would  
NOTE Confidence: 0.938037788181818  
00:33:52.145 --> 00:33:54.710 rebuild a town after a hurricane,  
NOTE Confidence: 0.938037788181818  
00:33:54.710 --> 00:33:57.496 nobody wishes that the hurricane would come.  
NOTE Confidence: 0.938037788181818  
00:33:57.500 --> 00:33:58.630 But when it does come,  
NOTE Confidence: 0.938037788181818  
00:33:58.630 --> 00:34:00.616 sometimes it's rebuilt.  
NOTE Confidence: 0.938037788181818  
00:34:00.616 --> 00:34:01.940 Better, newer,  
NOTE Confidence: 0.938037788181818  
00:34:01.940 --> 00:34:05.138 stronger than before,  
NOTE Confidence: 0.938037788181818

00:34:05.140 --> 00:34:07.216 and so there is a opportunity,  
NOTE Confidence: 0.938037788181818

00:34:07.220 --> 00:34:08.436 and that's what we're going to talk about.  
NOTE Confidence: 0.938037788181818

00:34:08.440 --> 00:34:11.040 A little bit here a little bit more  
NOTE Confidence: 0.938037788181818

00:34:11.040 --> 00:34:12.622 about what those opportunities  
NOTE Confidence: 0.938037788181818

00:34:12.622 --> 00:34:14.777 might be for post traumatic  
NOTE Confidence: 0.938037788181818

00:34:14.777 --> 00:34:17.199 growth in the midst of grief.  
NOTE Confidence: 0.938037788181818

00:34:17.200 --> 00:34:17.998 And lastly,  
NOTE Confidence: 0.938037788181818

00:34:17.998 --> 00:34:20.791 there's the idea of we we are  
NOTE Confidence: 0.938037788181818

00:34:20.791 --> 00:34:23.258 well in grief when we've said  
NOTE Confidence: 0.938037788181818

00:34:23.258 --> 00:34:25.814 farewell to the pain of grief,  
NOTE Confidence: 0.938037788181818

00:34:25.820 --> 00:34:27.640 the bitter pain of grief,  
NOTE Confidence: 0.938037788181818

00:34:27.640 --> 00:34:29.794 and we've been able to say  
NOTE Confidence: 0.938037788181818

00:34:29.794 --> 00:34:31.820 goodbye to what cannot return.  
NOTE Confidence: 0.938037788181818

00:34:31.820 --> 00:34:34.935 And what cannot be there any longer?  
NOTE Confidence: 0.965074826

00:34:34.940 --> 00:34:37.892 We've adapted to the fact that we may  
NOTE Confidence: 0.965074826

00:34:37.892 --> 00:34:40.760 never get out of that this pandemic,

NOTE Confidence: 0.965074826

00:34:40.760 --> 00:34:43.040 back to with the way things were we.

NOTE Confidence: 0.965074826

00:34:43.040 --> 00:34:45.735 There's a new normal that we embrace,

NOTE Confidence: 0.965074826

00:34:45.740 --> 00:34:49.484 but really, there's a way in which we need

NOTE Confidence: 0.965074826

00:34:49.484 --> 00:34:52.573 to be with the world or exist in the world.

NOTE Confidence: 0.965074826

00:34:52.580 --> 00:34:54.670 That means we are well.

NOTE Confidence: 0.965074826

00:34:54.670 --> 00:34:56.238 So after saying farewell,

NOTE Confidence: 0.965074826

00:34:56.238 --> 00:34:59.034 we want to make sure that we're

NOTE Confidence: 0.965074826

00:34:59.034 --> 00:35:02.740 in a position to be able to give.

NOTE Confidence: 0.965074826

00:35:02.740 --> 00:35:06.415 To be able to receive from others.

NOTE Confidence: 0.965074826

00:35:06.420 --> 00:35:08.724 Some autonomy, so if we really

NOTE Confidence: 0.965074826

00:35:08.724 --> 00:35:11.318 relied on the person or the thing,

NOTE Confidence: 0.965074826

00:35:11.320 --> 00:35:12.601 maybe it's health.

NOTE Confidence: 0.965074826

00:35:12.601 --> 00:35:15.476 Maybe it's amputation or leg, you know?

NOTE Confidence: 0.965074826

00:35:15.476 --> 00:35:18.052 Whatever it may be that we've lost

NOTE Confidence: 0.965074826

00:35:18.060 --> 00:35:21.390 to to come to a place where we can

NOTE Confidence: 0.965074826

00:35:21.390 --> 00:35:24.570 function without that which we've lost.  
NOTE Confidence: 0.965074826

00:35:24.570 --> 00:35:25.664 Also community.  
NOTE Confidence: 0.965074826

00:35:25.664 --> 00:35:31.390 When we are able to not just give or receive,  
NOTE Confidence: 0.965074826

00:35:31.390 --> 00:35:33.525 giving puts you in the giving position.  
NOTE Confidence: 0.965074826

00:35:33.530 --> 00:35:36.008 Receiving puts you in the receiving position.  
NOTE Confidence: 0.965074826

00:35:36.010 --> 00:35:39.346 Neither of them are equal positions.  
NOTE Confidence: 0.965074826

00:35:39.350 --> 00:35:42.570 Community is a peer to peer support.  
NOTE Confidence: 0.965074826

00:35:42.570 --> 00:35:46.116 Having community and connection with people.  
NOTE Confidence: 0.965074826

00:35:46.120 --> 00:35:49.350 When it's a mutual arrangement,  
NOTE Confidence: 0.965074826

00:35:49.350 --> 00:35:52.340 it's not a a a situation in which you are  
NOTE Confidence: 0.965074826

00:35:52.413 --> 00:35:55.325 always the giver or always the receiver.  
NOTE Confidence: 0.965074826

00:35:55.330 --> 00:35:57.394 And then lastly expectation.  
NOTE Confidence: 0.965074826

00:35:57.394 --> 00:35:59.974 When we have expectation again  
NOTE Confidence: 0.965074826

00:35:59.974 --> 00:36:01.809 meaning hope or meaning,  
NOTE Confidence: 0.965074826

00:36:01.810 --> 00:36:04.118 the ability to expect.  
NOTE Confidence: 0.965074826

00:36:04.118 --> 00:36:07.003 That's something new might occur.

NOTE Confidence: 0.965074826

00:36:07.010 --> 00:36:08.597 Those are signs.

NOTE Confidence: 0.965074826

00:36:08.597 --> 00:36:11.771 In that new monik giving receiving

NOTE Confidence: 0.965074826

00:36:11.771 --> 00:36:15.397 autonomy Community expectation that we are,

NOTE Confidence: 0.965074826

00:36:15.400 --> 00:36:17.500 well, that grief doesn't end,

NOTE Confidence: 0.965074826

00:36:17.500 --> 00:36:19.922 but we are through the grief as

NOTE Confidence: 0.965074826

00:36:19.922 --> 00:36:21.619 much as we can be.

NOTE Confidence: 0.965074826

00:36:21.620 --> 00:36:24.500 And we've learned its lessons.

NOTE Confidence: 0.965074826

00:36:24.500 --> 00:36:27.300 So that is an example of grief and

NOTE Confidence: 0.965074826

00:36:27.300 --> 00:36:29.978 some of the things that we would

NOTE Confidence: 0.965074826

00:36:29.978 --> 00:36:32.310 want to look for in grieving.

NOTE Confidence: 0.904574565666666

00:36:34.970 --> 00:36:37.034 So we have a lot of great questions

NOTE Confidence: 0.904574565666666

00:36:37.034 --> 00:36:39.080 and why people have been here or

NOTE Confidence: 0.904574565666666

00:36:39.080 --> 00:36:41.246 why people have come and we have

NOTE Confidence: 0.904574565666666

00:36:41.246 --> 00:36:42.836 a wonderful opportunity to talk

NOTE Confidence: 0.904574565666666

00:36:42.836 --> 00:36:46.598 about those a little bit more.

NOTE Confidence: 0.904574565666666

00:36:46.600 --> 00:36:51.400 But we also have an opportunity to.  
NOTE Confidence: 0.9045745656666666

00:36:51.400 --> 00:36:53.320 Right in the chat.  
NOTE Confidence: 0.9045745656666666

00:36:53.320 --> 00:36:57.629 Some of the questions that are on the top  
NOTE Confidence: 0.9045745656666666

00:36:57.629 --> 00:37:01.310 row of what is on the presentation here.  
NOTE Confidence: 0.9045745656666666

00:37:01.310 --> 00:37:03.902 These are different aspects of when  
NOTE Confidence: 0.9045745656666666

00:37:03.902 --> 00:37:06.939 we're in the filling process of grief  
NOTE Confidence: 0.9045745656666666

00:37:06.939 --> 00:37:09.802 and as Doctor Olson had talked about  
NOTE Confidence: 0.9045745656666666

00:37:09.882 --> 00:37:12.427 in the process of reconstruction.  
NOTE Confidence: 0.9045745656666666

00:37:12.430 --> 00:37:15.238 The process of post traumatic growth.  
NOTE Confidence: 0.9045745656666666

00:37:15.240 --> 00:37:18.015 These are the domains that  
NOTE Confidence: 0.9045745656666666

00:37:18.015 --> 00:37:20.235 she talked about earlier.  
NOTE Confidence: 0.9045745656666666

00:37:20.240 --> 00:37:21.928 Development of deeper relationships.  
NOTE Confidence: 0.9045745656666666

00:37:21.928 --> 00:37:23.616 Openness to new possibilities,  
NOTE Confidence: 0.9045745656666666

00:37:23.620 --> 00:37:25.300 greater sense of strength,  
NOTE Confidence: 0.9045745656666666

00:37:25.300 --> 00:37:26.980 stronger sense of spirituality,  
NOTE Confidence: 0.9045745656666666

00:37:26.980 --> 00:37:28.070 greater appreciation.



NOTE Confidence: 0.9045745656666666

00:37:28.070 --> 00:37:31.340 So those are some questions that

NOTE Confidence: 0.9045745656666666

00:37:31.340 --> 00:37:33.970 you can answer in the chat.

NOTE Confidence: 0.9045745656666666

00:37:33.970 --> 00:37:36.762 As we begin to to really look

NOTE Confidence: 0.9045745656666666

00:37:36.762 --> 00:37:39.513 at some of the questions of of,

NOTE Confidence: 0.9045745656666666

00:37:39.520 --> 00:37:40.680 you know why you're here.

NOTE Confidence: 0.9045745656666666

00:37:40.680 --> 00:37:42.983 Maybe we can have an opportunity to

NOTE Confidence: 0.9045745656666666

00:37:42.983 --> 00:37:45.199 answer and discuss Doctor Olson and I,

NOTE Confidence: 0.9045745656666666

00:37:45.200 --> 00:37:47.970 and if you can put in the chat the chat.

NOTE Confidence: 0.9045745656666666

00:37:47.970 --> 00:37:49.398 Different answers to those

NOTE Confidence: 0.9045745656666666

00:37:49.398 --> 00:37:50.469 questions you know.

NOTE Confidence: 0.9045745656666666

00:37:50.470 --> 00:37:54.772 How might you have changed this

NOTE Confidence: 0.9045745656666666

00:37:54.772 --> 00:37:59.284 difficulty into a triumph or into a

NOTE Confidence: 0.9045745656666666

00:37:59.284 --> 00:38:03.416 growth who have been role models for you?

NOTE Confidence: 0.9045745656666666

00:38:03.420 --> 00:38:04.456 You know,

NOTE Confidence: 0.9045745656666666

00:38:04.456 --> 00:38:07.564 have you discovered an experience bigger

NOTE Confidence: 0.9045745656666666

00:38:07.564 --> 00:38:10.948 than yourself or new meaning through this?  
NOTE Confidence: 0.9045745656666666

00:38:10.950 --> 00:38:13.750 So those types of questions are listed here.  
NOTE Confidence: 0.9045745656666666

00:38:13.750 --> 00:38:16.950 If you would add them and to my colleague Dr.  
NOTE Confidence: 0.9045745656666666

00:38:16.950 --> 00:38:18.300 Cole doctor Olson.  
NOTE Confidence: 0.92772797

00:38:19.360 --> 00:38:22.540 Yes, and I I want to thank the people who  
NOTE Confidence: 0.92772797

00:38:22.624 --> 00:38:25.809 have been sharing what brought them here.  
NOTE Confidence: 0.92772797

00:38:25.810 --> 00:38:28.312 One you have made yourself vulnerable  
NOTE Confidence: 0.92772797

00:38:28.312 --> 00:38:30.710 in willingness to share and have  
NOTE Confidence: 0.92772797

00:38:30.710 --> 00:38:32.999 been a role model to other people.  
NOTE Confidence: 0.92772797

00:38:33.000 --> 00:38:34.776 And as I read through these,  
NOTE Confidence: 0.92772797

00:38:34.780 --> 00:38:37.188 you know there are things that I identify  
NOTE Confidence: 0.92772797

00:38:37.188 --> 00:38:39.577 with or others have identified with.  
NOTE Confidence: 0.92772797

00:38:39.580 --> 00:38:42.040 And by just you offering that  
NOTE Confidence: 0.92772797

00:38:42.040 --> 00:38:45.414 you are human and you are going  
NOTE Confidence: 0.92772797

00:38:45.414 --> 00:38:47.606 through these things yourself,  
NOTE Confidence: 0.92772797

00:38:47.610 --> 00:38:50.190 you have comforted someone else.

NOTE Confidence: 0.92772797

00:38:50.190 --> 00:38:52.422 Someone else who didn't feel like

NOTE Confidence: 0.92772797

00:38:52.422 --> 00:38:54.303 they could put themselves out

NOTE Confidence: 0.92772797

00:38:54.303 --> 00:38:56.241 there and now because you have

NOTE Confidence: 0.92772797

00:38:56.241 --> 00:38:58.605 shared you have made someone else

NOTE Confidence: 0.92772797

00:38:58.605 --> 00:39:01.190 feel more normal and less alone.

NOTE Confidence: 0.92772797

00:39:01.190 --> 00:39:03.254 And and then you you've brought

NOTE Confidence: 0.92772797

00:39:03.254 --> 00:39:05.430 us together as a community,

NOTE Confidence: 0.92772797

00:39:05.430 --> 00:39:08.054 and you've been a role model and already

NOTE Confidence: 0.92772797

00:39:08.054 --> 00:39:10.481 you are contributing to the healing

NOTE Confidence: 0.92772797

00:39:10.481 --> 00:39:13.025 of our community and other people.

NOTE Confidence: 0.92772797

00:39:13.030 --> 00:39:15.752 So I want to thank those who

NOTE Confidence: 0.92772797

00:39:15.752 --> 00:39:18.489 who were brave to share in this

NOTE Confidence: 0.92772797

00:39:18.489 --> 00:39:21.135 venue and to help us to do this.

NOTE Confidence: 0.904263215714286

00:39:24.170 --> 00:39:27.390 So let me just interject a quickly.

NOTE Confidence: 0.904263215714286

00:39:27.390 --> 00:39:29.686 Please use the question and answer format

NOTE Confidence: 0.904263215714286

00:39:29.686 --> 00:39:32.061 to to do that to Chapman Palladino  
NOTE Confidence: 0.904263215714286

00:39:32.061 --> 00:39:34.709 ask you if you had some answers to  
NOTE Confidence: 0.904263215714286

00:39:34.709 --> 00:39:37.059 some of those questions that you see  
NOTE Confidence: 0.904263215714286

00:39:37.059 --> 00:39:39.648 there on the top row of that slide,  
NOTE Confidence: 0.904263215714286

00:39:39.650 --> 00:39:42.442 there was a question that I wanted to  
NOTE Confidence: 0.904263215714286

00:39:42.442 --> 00:39:44.733 pose to both at Chaplin Palladino.  
NOTE Confidence: 0.904263215714286

00:39:44.733 --> 00:39:47.139 I think you were talking about  
NOTE Confidence: 0.904263215714286

00:39:47.139 --> 00:39:50.216 grief and that many times people  
NOTE Confidence: 0.904263215714286

00:39:50.216 --> 00:39:54.780 do not require therapy for.  
NOTE Confidence: 0.904263215714286

00:39:54.780 --> 00:39:58.860 For certain grief kinds of events,  
NOTE Confidence: 0.904263215714286

00:39:58.860 --> 00:40:00.295 but there was a question that said,  
NOTE Confidence: 0.904263215714286

00:40:00.300 --> 00:40:02.937 are we meant to think we are not normal?  
NOTE Confidence: 0.904263215714286

00:40:02.940 --> 00:40:06.286 If we do require therapy for grief.  
NOTE Confidence: 0.904263215714286

00:40:06.290 --> 00:40:08.180 So yeah, so I I did.  
NOTE Confidence: 0.904263215714286

00:40:08.180 --> 00:40:10.420 I thought it might address that a  
NOTE Confidence: 0.904263215714286

00:40:10.420 --> 00:40:12.515 little bit because I was hearing you

NOTE Confidence: 0.904263215714286  
00:40:12.515 --> 00:40:14.034 say that there's lots of different  
NOTE Confidence: 0.904263215714286  
00:40:14.034 --> 00:40:15.810 ways that we can get support from  
NOTE Confidence: 0.904263215714286  
00:40:15.810 --> 00:40:17.310 lots of different people and and  
NOTE Confidence: 0.904263215714286  
00:40:17.310 --> 00:40:18.480 build our support systems.  
NOTE Confidence: 0.904263215714286  
00:40:18.480 --> 00:40:20.524 Therapy may be one very helpful one.  
NOTE Confidence: 0.879205841  
00:40:21.060 --> 00:40:23.610 Yes, thank you I I can  
NOTE Confidence: 0.879205841  
00:40:23.610 --> 00:40:25.310 definitely answer that question.  
NOTE Confidence: 0.879205841  
00:40:25.310 --> 00:40:30.070 My my dad died several years ago.  
NOTE Confidence: 0.879205841  
00:40:30.070 --> 00:40:33.794 And I reached out to the efr.  
NOTE Confidence: 0.879205841  
00:40:33.800 --> 00:40:37.184 And I don't understand myself as  
NOTE Confidence: 0.879205841  
00:40:37.184 --> 00:40:41.135 being unusual or abnormal in any way.  
NOTE Confidence: 0.879205841  
00:40:41.135 --> 00:40:43.960 My grief response was normal.  
NOTE Confidence: 0.879205841  
00:40:43.960 --> 00:40:47.216 And the efr, which is an employee support  
NOTE Confidence: 0.879205841  
00:40:47.216 --> 00:40:50.700 system and not everybody has access to that,  
NOTE Confidence: 0.879205841  
00:40:50.700 --> 00:40:51.564 but it's therapeutic.  
NOTE Confidence: 0.879205841

00:40:51.564 --> 00:40:54.179 And and it was a therapist that I went to.

NOTE Confidence: 0.879205841

00:40:54.180 --> 00:40:56.020 Why did I do that?

NOTE Confidence: 0.879205841

00:40:56.020 --> 00:40:58.504 I did that because I was

NOTE Confidence: 0.879205841

00:40:58.504 --> 00:41:01.398 noticing that I was crying a lot.

NOTE Confidence: 0.879205841

00:41:01.398 --> 00:41:04.351 I was getting waves of tears and I did that

NOTE Confidence: 0.879205841

00:41:04.351 --> 00:41:07.320 because in my line of work as a chaplain.

NOTE Confidence: 0.879205841

00:41:07.320 --> 00:41:09.848 I'm also an educator and I went to

NOTE Confidence: 0.879205841

00:41:09.848 --> 00:41:12.557 show my students I was Co leading a

NOTE Confidence: 0.879205841

00:41:12.557 --> 00:41:15.469 group and I went to show my students.

NOTE Confidence: 0.879205841

00:41:15.470 --> 00:41:17.182 How to do a visit and they were

NOTE Confidence: 0.879205841

00:41:17.182 --> 00:41:18.689 new students and they thought I'd,

NOTE Confidence: 0.879205841

00:41:18.690 --> 00:41:20.130 you know, did fine and everything.

NOTE Confidence: 0.879205841

00:41:20.130 --> 00:41:23.130 But I looked at the video tape of

NOTE Confidence: 0.879205841

00:41:23.130 --> 00:41:26.274 the actor I was working with and I

NOTE Confidence: 0.879205841

00:41:26.274 --> 00:41:28.918 said I avoided that person's grief.

NOTE Confidence: 0.879205841

00:41:28.918 --> 00:41:31.688 And it's because my dad.

NOTE Confidence: 0.879205841

00:41:31.690 --> 00:41:35.050 Died two weeks before.

NOTE Confidence: 0.879205841

00:41:35.050 --> 00:41:38.995 And I wanted to go to therapy

NOTE Confidence: 0.879205841

00:41:38.995 --> 00:41:42.078 because I needed to really look at

NOTE Confidence: 0.879205841

00:41:42.078 --> 00:41:44.974 my own loss so that I could then

NOTE Confidence: 0.879205841

00:41:45.071 --> 00:41:48.068 be with people who were grieving.

NOTE Confidence: 0.879205841

00:41:48.068 --> 00:41:49.220 So yes,

NOTE Confidence: 0.879205841

00:41:49.220 --> 00:41:52.594 grief is is absolutely a normal response.

NOTE Confidence: 0.879205841

00:41:52.600 --> 00:41:53.294 And yes,

NOTE Confidence: 0.879205841

00:41:53.294 --> 00:41:55.723 I myself have gone to therapy for

NOTE Confidence: 0.879205841

00:41:55.723 --> 00:41:58.684 grief and I consider myself to have a

NOTE Confidence: 0.879205841

00:41:58.684 --> 00:42:01.436 normal response to to the loss of my dad.

NOTE Confidence: 0.879205841

00:42:01.440 --> 00:42:05.670 So there's no nothing but encouragement.

NOTE Confidence: 0.879205841

00:42:05.670 --> 00:42:07.998 To utilize therapy,

NOTE Confidence: 0.879205841

00:42:07.998 --> 00:42:10.326 that being said.

NOTE Confidence: 0.879205841

00:42:10.330 --> 00:42:12.650 Sometimes people have pathologized

NOTE Confidence: 0.879205841

00:42:12.650 --> 00:42:16.130 grief and and so my comments

NOTE Confidence: 0.879205841

00:42:16.224 --> 00:42:18.984 are are meant to normalize grief

NOTE Confidence: 0.879205841

00:42:18.984 --> 00:42:21.750 as a normal human response.

NOTE Confidence: 0.879205841

00:42:21.750 --> 00:42:24.025 And if therapy can be a support

NOTE Confidence: 0.879205841

00:42:24.025 --> 00:42:26.107 to you as it was to me,

NOTE Confidence: 0.879205841

00:42:26.110 --> 00:42:29.876 then I would encourage you to go.

NOTE Confidence: 0.879205841

00:42:29.880 --> 00:42:33.660 And if you can find support in other ways,

NOTE Confidence: 0.879205841

00:42:33.660 --> 00:42:34.509 that is fine.

NOTE Confidence: 0.91467731125

00:42:36.760 --> 00:42:39.080 And I I will double down on that.

NOTE Confidence: 0.91467731125

00:42:39.080 --> 00:42:41.078 There is never anything wrong with

NOTE Confidence: 0.91467731125

00:42:41.078 --> 00:42:43.340 taking care of your mental health,

NOTE Confidence: 0.91467731125

00:42:43.340 --> 00:42:45.920 just as you would any other

NOTE Confidence: 0.91467731125

00:42:45.920 --> 00:42:47.640 aspect of your health.

NOTE Confidence: 0.91467731125

00:42:47.640 --> 00:42:51.240 If you are curious if it be helpful,

NOTE Confidence: 0.91467731125

00:42:51.240 --> 00:42:53.669 you should feel comfortable to go and

NOTE Confidence: 0.91467731125

00:42:53.669 --> 00:42:56.238 take care of your your whole self,



NOTE Confidence: 0.91467731125

00:42:56.240 --> 00:42:58.700 including your mental health.

NOTE Confidence: 0.91467731125

00:42:58.700 --> 00:43:01.775 Absolutely nothing wrong with tending

NOTE Confidence: 0.91467731125

00:43:01.775 --> 00:43:04.724 to your well being and your mental

NOTE Confidence: 0.91467731125

00:43:04.724 --> 00:43:07.780 health is is just as much a part of.

NOTE Confidence: 0.91467731125

00:43:07.780 --> 00:43:10.041 Of all of your yourself and your

NOTE Confidence: 0.91467731125

00:43:10.041 --> 00:43:12.069 well being as anything else.

NOTE Confidence: 0.853657193846154

00:43:13.730 --> 00:43:17.987 The part of my my comments to our reaction

NOTE Confidence: 0.853657193846154

00:43:17.987 --> 00:43:21.622 to a government report years ago,

NOTE Confidence: 0.853657193846154

00:43:21.622 --> 00:43:24.825 there was a grief, some grief work

NOTE Confidence: 0.853657193846154

00:43:24.825 --> 00:43:30.780 done in the 80s in Boston and it was.

NOTE Confidence: 0.853657193846154

00:43:30.780 --> 00:43:33.564 From that there was the belief that people

NOTE Confidence: 0.853657193846154

00:43:33.564 --> 00:43:36.217 in less they felt certain emotions,

NOTE Confidence: 0.853657193846154

00:43:36.220 --> 00:43:39.372 anger or or or sadness after loss that

NOTE Confidence: 0.853657193846154

00:43:39.372 --> 00:43:42.459 they needed to go to therapy and and

NOTE Confidence: 0.853657193846154

00:43:42.459 --> 00:43:44.823 people were being sort of pressured

NOTE Confidence: 0.853657193846154

00:43:44.823 --> 00:43:47.630 at that time I got a government  
NOTE Confidence: 0.853657193846154

00:43:47.630 --> 00:43:50.410 report 'cause I had a a bereavement  
NOTE Confidence: 0.853657193846154

00:43:50.410 --> 00:43:53.186 center that I started called healing  
NOTE Confidence: 0.853657193846154

00:43:53.186 --> 00:43:55.550 hearts and that had thousands of  
NOTE Confidence: 0.853657193846154

00:43:55.550 --> 00:43:58.653 people coming to it each year and a  
NOTE Confidence: 0.853657193846154

00:43:58.653 --> 00:44:00.688 government report came out saying.  
NOTE Confidence: 0.853657193846154

00:44:00.690 --> 00:44:03.378 It is now can be problematic if people  
NOTE Confidence: 0.853657193846154

00:44:03.378 --> 00:44:05.848 get the message that there's something  
NOTE Confidence: 0.853657193846154

00:44:05.848 --> 00:44:09.206 wrong with them or that they need to  
NOTE Confidence: 0.853657193846154

00:44:09.206 --> 00:44:11.649 grieve in a particular kind of way,  
NOTE Confidence: 0.853657193846154

00:44:11.650 --> 00:44:15.717 and so the encouragement not to pathologize  
NOTE Confidence: 0.853657193846154

00:44:15.717 --> 00:44:19.827 grief is really coming from that place.  
NOTE Confidence: 0.853657193846154

00:44:19.830 --> 00:44:23.974 But an equal encouragement should be stated  
NOTE Confidence: 0.853657193846154

00:44:23.974 --> 00:44:27.730 that therapy should not be pathologized.  
NOTE Confidence: 0.853657193846154

00:44:27.730 --> 00:44:29.394 It's a wonderful thing,  
NOTE Confidence: 0.853657193846154

00:44:29.394 --> 00:44:31.058 and it's part of.

NOTE Confidence: 0.853657193846154  
00:44:31.060 --> 00:44:33.500 Community that we all need,  
NOTE Confidence: 0.853657193846154  
00:44:33.500 --> 00:44:35.141 and particularly Americans,  
NOTE Confidence: 0.853657193846154  
00:44:35.141 --> 00:44:37.876 because we are so individualistic  
NOTE Confidence: 0.853657193846154  
00:44:37.880 --> 00:44:40.580 that we need people and therapy  
NOTE Confidence: 0.853657193846154  
00:44:40.580 --> 00:44:43.830 sometimes is the best way to get that.  
NOTE Confidence: 0.93701504  
00:44:45.950 --> 00:44:49.149 And there's a couple of comments also  
NOTE Confidence: 0.93701504  
00:44:49.149 --> 00:44:51.594 in the question answer supporting  
NOTE Confidence: 0.93701504  
00:44:51.594 --> 00:44:54.842 that and so thank you both for  
NOTE Confidence: 0.93701504  
00:44:54.842 --> 00:44:57.438 for clarifying and answering that.  
NOTE Confidence: 0.93701504  
00:44:57.440 --> 00:44:59.120 You know therapy and medication,  
NOTE Confidence: 0.93701504  
00:44:59.120 --> 00:45:00.814 which I have was never keen on,  
NOTE Confidence: 0.93701504  
00:45:00.820 --> 00:45:02.158 made a huge difference for me.  
NOTE Confidence: 0.93701504  
00:45:02.160 --> 00:45:05.021 So there is one right there and  
NOTE Confidence: 0.93701504  
00:45:05.021 --> 00:45:07.909 this is a great point I think nor  
NOTE Confidence: 0.93701504  
00:45:07.909 --> 00:45:10.659 normal in grief is very subjective.  
NOTE Confidence: 0.93701504

00:45:10.660 --> 00:45:12.988 What is normal to me may not be  
NOTE Confidence: 0.93701504

00:45:12.988 --> 00:45:15.419 normal to marry or to someone else.  
NOTE Confidence: 0.93701504

00:45:15.420 --> 00:45:17.898 So great point there too now.  
NOTE Confidence: 0.93701504

00:45:17.900 --> 00:45:19.190 Here's here's a.  
NOTE Confidence: 0.93701504

00:45:19.190 --> 00:45:21.340 There's some great comments here.  
NOTE Confidence: 0.93701504

00:45:21.340 --> 00:45:23.630 Doctor Olson and Chapman Palladino.  
NOTE Confidence: 0.93701504

00:45:23.630 --> 00:45:26.297 I'm going to start with this one.  
NOTE Confidence: 0.93701504

00:45:26.300 --> 00:45:27.200 You had asked, you know,  
NOTE Confidence: 0.93701504

00:45:27.200 --> 00:45:28.580 what are some of the things.  
NOTE Confidence: 0.93701504

00:45:28.580 --> 00:45:30.080 Some of the answers that you've  
NOTE Confidence: 0.93701504

00:45:30.080 --> 00:45:31.080 come up with then,  
NOTE Confidence: 0.93701504

00:45:31.080 --> 00:45:34.296 so this one has a number of things  
NOTE Confidence: 0.93701504

00:45:34.300 --> 00:45:38.577 priority setting to put my family first.  
NOTE Confidence: 0.93701504

00:45:38.580 --> 00:45:40.780 Much stronger than I thought,  
NOTE Confidence: 0.93701504

00:45:40.780 --> 00:45:44.100 but also more vulnerable.  
NOTE Confidence: 0.93701504

00:45:44.100 --> 00:45:46.655 That's kind of an interesting

NOTE Confidence: 0.93701504

00:45:46.655 --> 00:45:48.143 observation right there.

NOTE Confidence: 0.93701504

00:45:48.143 --> 00:45:50.458 Really put family values first,

NOTE Confidence: 0.93701504

00:45:50.460 --> 00:45:52.860 but also makes us a little

NOTE Confidence: 0.93701504

00:45:52.860 --> 00:45:54.060 bit more vulnerable,

NOTE Confidence: 0.93701504

00:45:54.060 --> 00:45:57.340 so any comments about that

NOTE Confidence: 0.93701504

00:45:57.340 --> 00:45:58.190 particular observation?

NOTE Confidence: 0.8149103533333333

00:45:59.020 --> 00:46:01.810 Yeah, I think.

NOTE Confidence: 0.8149103533333333

00:46:01.810 --> 00:46:04.645 I think being clear about your values.

NOTE Confidence: 0.8149103533333333

00:46:04.650 --> 00:46:07.040 UM, sometimes does feel vulnerable

NOTE Confidence: 0.8149103533333333

00:46:07.040 --> 00:46:09.430 because sometimes it can feel

NOTE Confidence: 0.8149103533333333

00:46:09.509 --> 00:46:12.065 like it's you think it's up

NOTE Confidence: 0.8149103533333333

00:46:12.065 --> 00:46:13.769 against someone else's values,

NOTE Confidence: 0.8149103533333333

00:46:13.770 --> 00:46:16.803 but I think that's what these things can do.

NOTE Confidence: 0.8149103533333333

00:46:16.810 --> 00:46:18.930 Going through these events can

NOTE Confidence: 0.8149103533333333

00:46:18.930 --> 00:46:21.890 really clarify for us for ourselves,

NOTE Confidence: 0.8149103533333333

00:46:21.890 --> 00:46:24.482 like what is our best life with our values?  
NOTE Confidence: 0.8149103533333333

00:46:24.490 --> 00:46:27.196 Where do we need to prioritize?  
NOTE Confidence: 0.8149103533333333

00:46:27.200 --> 00:46:29.096 That I think that's really important  
NOTE Confidence: 0.8149103533333333

00:46:29.096 --> 00:46:30.927 and that we support one another  
NOTE Confidence: 0.8149103533333333

00:46:30.927 --> 00:46:32.959 to live our best lives as we can.  
NOTE Confidence: 0.8149103533333333

00:46:32.960 --> 00:46:36.378 City can be very vulnerable to be open.  
NOTE Confidence: 0.8149103533333333

00:46:36.380 --> 00:46:36.830 Yep,  
NOTE Confidence: 0.870479997692308

00:46:37.640 --> 00:46:39.467 we kind of feel a little bit  
NOTE Confidence: 0.870479997692308

00:46:39.467 --> 00:46:41.169 like a fish out of water.  
NOTE Confidence: 0.870479997692308

00:46:41.170 --> 00:46:43.250 It's a little wild getting used to that.  
NOTE Confidence: 0.870479997692308

00:46:43.250 --> 00:46:46.670 Uhm? For sure also realigned  
NOTE Confidence: 0.870479997692308

00:46:46.670 --> 00:46:50.294 choices with my values pushed a  
NOTE Confidence: 0.870479997692308

00:46:50.294 --> 00:46:53.006 job change and return to school.  
NOTE Confidence: 0.870479997692308

00:46:53.010 --> 00:46:56.410 How's that for a big positive change, right?  
NOTE Confidence: 0.870479997692308

00:46:56.410 --> 00:46:58.538 Yes, yeah, yeah. Good for you.  
NOTE Confidence: 0.900841491851852

00:46:59.010 --> 00:47:01.634 And I think that also brings up another

NOTE Confidence: 0.900841491851852

00:47:01.634 --> 00:47:04.378 point of what is this pandemic meant to

NOTE Confidence: 0.900841491851852

00:47:04.378 --> 00:47:07.242 our country and to us as healthcare and

NOTE Confidence: 0.900841491851852

00:47:07.242 --> 00:47:10.138 to our Community is that people with

NOTE Confidence: 0.900841491851852

00:47:10.138 --> 00:47:12.850 a great resignation in the country.

NOTE Confidence: 0.900841491851852

00:47:12.850 --> 00:47:14.896 People are thinking about their priorities

NOTE Confidence: 0.900841491851852

00:47:14.896 --> 00:47:17.484 and things are becoming. Clearer to them,

NOTE Confidence: 0.900841491851852

00:47:17.484 --> 00:47:21.470 and how do we grow as a community?

NOTE Confidence: 0.900841491851852

00:47:21.470 --> 00:47:24.220 You know to make this.

NOTE Confidence: 0.900841491851852

00:47:24.220 --> 00:47:26.208 The place for us.

NOTE Confidence: 0.900841491851852

00:47:26.208 --> 00:47:28.592 That that we're thriving here.

NOTE Confidence: 0.900841491851852

00:47:28.592 --> 00:47:30.944 Like what what are we being?

NOTE Confidence: 0.900841491851852

00:47:30.950 --> 00:47:34.028 What? How is this woken us up as a

NOTE Confidence: 0.900841491851852

00:47:34.028 --> 00:47:35.698 community to support one another?

NOTE Confidence: 0.84818152

00:47:37.640 --> 00:47:40.550 Just what we need these days, right? Yeah,

NOTE Confidence: 0.77738262

00:47:41.140 --> 00:47:45.228 absolutely I I am had something to

NOTE Confidence: 0.77738262

00:47:45.228 --> 00:47:48.628 to say but about the vulnerability.  
NOTE Confidence: 0.77738262

00:47:48.630 --> 00:47:53.330 Thank you when when I did my my doctoral  
NOTE Confidence: 0.77738262

00:47:53.330 --> 00:47:56.679 research it was on people in in Connecticut.  
NOTE Confidence: 0.77738262

00:47:56.680 --> 00:47:59.098 And it was a qualitative study,  
NOTE Confidence: 0.77738262

00:47:59.100 --> 00:48:02.310 so we we did a lot of in depth diving  
NOTE Confidence: 0.77738262

00:48:02.396 --> 00:48:05.646 into people who've experienced post  
NOTE Confidence: 0.77738262

00:48:05.646 --> 00:48:08.268 traumatic well traumatic experiences,  
NOTE Confidence: 0.77738262

00:48:08.268 --> 00:48:10.804 particularly grief and one of the  
NOTE Confidence: 0.77738262

00:48:10.804 --> 00:48:13.140 things that came out of that study,  
NOTE Confidence: 0.77738262

00:48:13.140 --> 00:48:16.440 was the importance of vulnerability.  
NOTE Confidence: 0.77738262

00:48:16.440 --> 00:48:21.488 That the surprising way in which to be  
NOTE Confidence: 0.77738262

00:48:21.488 --> 00:48:24.910 vulnerable actually was indicative of post  
NOTE Confidence: 0.77738262

00:48:24.910 --> 00:48:28.200 traumatic growth more than anything else.  
NOTE Confidence: 0.77738262

00:48:28.200 --> 00:48:31.416 So there were a lot of things that could  
NOTE Confidence: 0.77738262

00:48:31.416 --> 00:48:34.616 be said about resiliency or other factors.  
NOTE Confidence: 0.77738262

00:48:34.620 --> 00:48:37.088 Other grief factors, whatever,



NOTE Confidence: 0.77738262

00:48:37.088 --> 00:48:40.173 but with regard to growth.

NOTE Confidence: 0.77738262

00:48:40.180 --> 00:48:43.720 Growth tends to occur when we

NOTE Confidence: 0.77738262

00:48:43.720 --> 00:48:46.080 allow ourselves in Community.

NOTE Confidence: 0.77738262

00:48:46.080 --> 00:48:48.720 Cluding therapy or including friends

NOTE Confidence: 0.77738262

00:48:48.720 --> 00:48:51.360 or whatever to be vulnerable.

NOTE Confidence: 0.77738262

00:48:51.360 --> 00:48:55.016 And so my encouragement to to everybody here,

NOTE Confidence: 0.77738262

00:48:55.020 --> 00:48:58.814 whether we want to help others more.

NOTE Confidence: 0.77738262

00:48:58.820 --> 00:49:02.929 Or we want to get past burnout?

NOTE Confidence: 0.77738262

00:49:02.930 --> 00:49:05.126 Or we want to, you know,

NOTE Confidence: 0.77738262

00:49:05.130 --> 00:49:06.630 deal with our own illness,

NOTE Confidence: 0.77738262

00:49:06.630 --> 00:49:08.550 whatever it may be, to,

NOTE Confidence: 0.77738262

00:49:08.550 --> 00:49:12.060 rather than run from vulnerability and

NOTE Confidence: 0.77738262

00:49:12.060 --> 00:49:15.630 community to actually run toward them.

NOTE Confidence: 0.77738262

00:49:15.630 --> 00:49:18.492 But to not do it alone because you need

NOTE Confidence: 0.77738262

00:49:18.492 --> 00:49:21.534 to find people who will listen to you.

NOTE Confidence: 0.77738262

00:49:21.540 --> 00:49:24.420 And when you help others,  
NOTE Confidence: 0.77738262

00:49:24.420 --> 00:49:26.832 being a listener is the best  
NOTE Confidence: 0.77738262

00:49:26.832 --> 00:49:28.440 thing you can do.  
NOTE Confidence: 0.77738262

00:49:28.440 --> 00:49:30.684 So some of the questions talked  
NOTE Confidence: 0.77738262

00:49:30.684 --> 00:49:33.004 about really wanting to be positive  
NOTE Confidence: 0.77738262

00:49:33.004 --> 00:49:34.894 and seeing people get hope.  
NOTE Confidence: 0.77738262

00:49:34.900 --> 00:49:38.410 The best thing you to do is just to listen.  
NOTE Confidence: 0.77738262

00:49:38.410 --> 00:49:40.600 And if somebody is struggling not  
NOTE Confidence: 0.77738262

00:49:40.600 --> 00:49:43.712 to give them any answers or try  
NOTE Confidence: 0.77738262

00:49:43.712 --> 00:49:46.295 to give them something positive  
NOTE Confidence: 0.77738262

00:49:46.295 --> 00:49:48.115 because we're uncomfortable with  
NOTE Confidence: 0.77738262

00:49:48.115 --> 00:49:49.935 them feeling or struggling,  
NOTE Confidence: 0.77738262

00:49:49.940 --> 00:49:52.026 but to just be an excellent listener,  
NOTE Confidence: 0.77738262

00:49:52.030 --> 00:49:54.350 whether it's to be silent or to ask  
NOTE Confidence: 0.77738262

00:49:54.350 --> 00:49:56.690 questions or just to walk alongside them,  
NOTE Confidence: 0.77738262

00:49:56.690 --> 00:49:58.685 that is the best thing that you

NOTE Confidence: 0.77738262

00:49:58.685 --> 00:50:00.704 can do for anybody going through

NOTE Confidence: 0.77738262

00:50:00.704 --> 00:50:02.148 any of these experiences,

NOTE Confidence: 0.77738262

00:50:02.150 --> 00:50:03.858 and that's the best thing you can

NOTE Confidence: 0.77738262

00:50:03.858 --> 00:50:05.836 do for yourself. So vulnerability.

NOTE Confidence: 0.77738262

00:50:05.836 --> 00:50:09.550 I'm all for it, but it's not easy.

NOTE Confidence: 0.806767927272727

00:50:10.300 --> 00:50:12.850 It really validates ones experience

NOTE Confidence: 0.806767927272727

00:50:12.850 --> 00:50:16.500 to be heard and then understood.

NOTE Confidence: 0.806767927272727

00:50:16.500 --> 00:50:18.560 And and it's such a gift.

NOTE Confidence: 0.858596594

00:50:21.650 --> 00:50:24.500 Here's a here's another good

NOTE Confidence: 0.858596594

00:50:24.500 --> 00:50:27.350 one with some great suggestions.

NOTE Confidence: 0.858596594

00:50:27.350 --> 00:50:29.526 As ways to to grow out of this.

NOTE Confidence: 0.923041304583333

00:50:31.880 --> 00:50:34.664 The I feel a pandemic has given me

NOTE Confidence: 0.923041304583333

00:50:34.664 --> 00:50:36.629 the opportunity to take the very

NOTE Confidence: 0.923041304583333

00:50:36.629 --> 00:50:38.898 best care of myself like I have

NOTE Confidence: 0.923041304583333

00:50:38.898 --> 00:50:41.159 never done before. And she goes.

NOTE Confidence: 0.923041304583333

00:50:41.159 --> 00:50:44.429 A person goes on to say I'm connecting to  
NOTE Confidence: 0.923041304583333

00:50:44.429 --> 00:50:47.840 others in deeper ways and have a strong  
NOTE Confidence: 0.923041304583333

00:50:47.840 --> 00:50:50.420 connection to source consciousness.  
NOTE Confidence: 0.923041304583333

00:50:50.420 --> 00:50:53.724 I also feel clarity with living my truth.  
NOTE Confidence: 0.923041304583333

00:50:53.730 --> 00:50:55.554 I'm living my passion and purpose  
NOTE Confidence: 0.923041304583333

00:50:55.554 --> 00:50:56.770 now in my life.  
NOTE Confidence: 0.968688856363636

00:50:59.770 --> 00:51:01.490 I feel like I need to spend time  
NOTE Confidence: 0.968688856363636

00:51:01.490 --> 00:51:03.804 with that person, maybe just rub  
NOTE Confidence: 0.968688856363636

00:51:03.804 --> 00:51:05.940 off role modeling. Yes, yes.  
NOTE Confidence: 0.881642781

00:51:08.110 --> 00:51:10.030 Here's a question that I want to pose  
NOTE Confidence: 0.881642781

00:51:10.030 --> 00:51:13.390 to both. Since you know we're in our.  
NOTE Confidence: 0.881642781

00:51:13.390 --> 00:51:17.135 Smilow community and and some people have  
NOTE Confidence: 0.881642781

00:51:17.135 --> 00:51:20.676 mentioned going through some very difficult  
NOTE Confidence: 0.881642781

00:51:20.676 --> 00:51:23.752 challenges with illnesses and cancer  
NOTE Confidence: 0.881642781

00:51:23.752 --> 00:51:27.418 diagnosis and treatment and so forth.  
NOTE Confidence: 0.881642781

00:51:27.420 --> 00:51:30.220 Wonder if you could talk to that a

NOTE Confidence: 0.881642781

00:51:30.220 --> 00:51:33.539 little bit in terms of. How can we?

NOTE Confidence: 0.881642781

00:51:33.539 --> 00:51:37.270 Do apply some of these concepts to

NOTE Confidence: 0.881642781

00:51:37.270 --> 00:51:39.440 either cancer or chronic illness.

NOTE Confidence: 0.881642781

00:51:39.440 --> 00:51:42.090 Getting through that very difficult.

NOTE Confidence: 0.881642781

00:51:42.090 --> 00:51:44.768 I'm. Stage in her life.

NOTE Confidence: 0.895055401666667

00:51:47.270 --> 00:51:52.428 I think one way is to for role models

NOTE Confidence: 0.895055401666667

00:51:52.430 --> 00:51:56.640 who who've been able to do this.

NOTE Confidence: 0.895055401666667

00:51:56.640 --> 00:51:58.434 You know, whatever the struggle we

NOTE Confidence: 0.895055401666667

00:51:58.434 --> 00:52:00.394 we've heard some of the struggles

NOTE Confidence: 0.895055401666667

00:52:00.394 --> 00:52:02.518 here and people have been through

NOTE Confidence: 0.895055401666667

00:52:02.518 --> 00:52:03.840 different unique struggles.

NOTE Confidence: 0.895055401666667

00:52:03.840 --> 00:52:04.852 Fertility struggles,

NOTE Confidence: 0.895055401666667

00:52:04.852 --> 00:52:07.888 all sorts of different struggles is.

NOTE Confidence: 0.895055401666667

00:52:07.890 --> 00:52:09.898 To find someone who.

NOTE Confidence: 0.935282312

00:52:12.040 --> 00:52:14.254 Who've been able to get through

NOTE Confidence: 0.935282312

00:52:14.254 --> 00:52:17.024 it and have shown that ability to  
NOTE Confidence: 0.935282312

00:52:17.024 --> 00:52:18.875 navigate it and see what you can  
NOTE Confidence: 0.935282312

00:52:18.875 --> 00:52:20.550 learn from them. That's one way.  
NOTE Confidence: 0.872167066666667

00:52:24.110 --> 00:52:25.259 OK, thank you.  
NOTE Confidence: 0.81470686125

00:52:28.040 --> 00:52:30.056 Could you stop sharing there for a moment?  
NOTE Confidence: 0.81470686125

00:52:30.060 --> 00:52:31.166 Is that the end of the slides?  
NOTE Confidence: 0.865203825714286

00:52:31.810 --> 00:52:34.386 That was the well, actually there is.  
NOTE Confidence: 0.865203825714286

00:52:34.390 --> 00:52:35.930 There was one other slide.  
NOTE Confidence: 0.865203825714286

00:52:35.930 --> 00:52:37.315 Now that I think about it.  
NOTE Confidence: 0.865203825714286

00:52:37.315 --> 00:52:39.460 So maybe I should share that.  
NOTE Confidence: 0.858039416666667

00:52:39.550 --> 00:52:41.230 And while you bring that up,  
NOTE Confidence: 0.858039416666667

00:52:41.230 --> 00:52:42.890 there's another comment here  
NOTE Confidence: 0.858039416666667

00:52:42.890 --> 00:52:45.710 that I think is a good to.  
NOTE Confidence: 0.858039416666667

00:52:45.710 --> 00:52:47.150 To bring up, I think it's.  
NOTE Confidence: 0.9185954

00:52:49.770 --> 00:52:53.866 It it shows a lot of openness and and  
NOTE Confidence: 0.9185954

00:52:53.866 --> 00:52:56.614 honesty. Being caregiver for years and

NOTE Confidence: 0.9185954

00:52:56.614 --> 00:52:59.260 helping people with these problems and

NOTE Confidence: 0.9185954

00:52:59.260 --> 00:53:02.190 saying the right things to help them.

NOTE Confidence: 0.9185954

00:53:02.190 --> 00:53:04.710 But when I tell myself the same

NOTE Confidence: 0.9185954

00:53:04.710 --> 00:53:07.195 things that I know that should

NOTE Confidence: 0.9185954

00:53:07.195 --> 00:53:09.870 help me doesn't help me like.

NOTE Confidence: 0.9185954

00:53:09.870 --> 00:53:12.070 Do what I say, not as I do.

NOTE Confidence: 0.959649966

00:53:14.150 --> 00:53:15.680 So you know, I mean,

NOTE Confidence: 0.959649966

00:53:15.680 --> 00:53:17.752 I can relate to that, I think.

NOTE Confidence: 0.959649966

00:53:17.752 --> 00:53:20.032 Anybody in a caregiving position

NOTE Confidence: 0.959649966

00:53:20.032 --> 00:53:22.060 could probably relate to that.

NOTE Confidence: 0.959649966

00:53:22.060 --> 00:53:24.700 But any thoughts about?

NOTE Confidence: 0.959649966

00:53:24.700 --> 00:53:26.020 That observation,

NOTE Confidence: 0.959649966

00:53:26.020 --> 00:53:27.695 sometimes as caregivers we it's

NOTE Confidence: 0.959649966

00:53:27.695 --> 00:53:29.890 hard to take our own advice.

NOTE Confidence: 0.741306771428571

00:53:31.320 --> 00:53:32.622 Yes, absolutely.

NOTE Confidence: 0.741306771428571

00:53:32.622 --> 00:53:35.877 We're we're known for it.  
NOTE Confidence: 0.741306771428571

00:53:35.880 --> 00:53:39.530 We are no health care.  
NOTE Confidence: 0.741306771428571

00:53:39.530 --> 00:53:41.382 Workers, professionals,  
NOTE Confidence: 0.741306771428571

00:53:41.382 --> 00:53:45.395 caregivers were known to put  
NOTE Confidence: 0.741306771428571

00:53:45.395 --> 00:53:47.225 others 1st and to not give  
NOTE Confidence: 0.741306771428571

00:53:47.225 --> 00:53:49.052 the same kind of compassion  
NOTE Confidence: 0.741306771428571

00:53:49.052 --> 00:53:50.720 and care to ourselves.  
NOTE Confidence: 0.81218262

00:53:53.100 --> 00:53:54.665 And definitely it's been shown  
NOTE Confidence: 0.81218262

00:53:54.665 --> 00:53:56.662 that if we can offer ourselves  
NOTE Confidence: 0.81218262

00:53:56.662 --> 00:54:01.468 the same compassion and to not.  
NOTE Confidence: 0.81218262

00:54:01.470 --> 00:54:03.702 Beat ourselves up over and over  
NOTE Confidence: 0.81218262

00:54:03.702 --> 00:54:06.433 again over the same thing or be  
NOTE Confidence: 0.81218262

00:54:06.433 --> 00:54:08.755 so hard on ourselves where we'd  
NOTE Confidence: 0.81218262

00:54:08.755 --> 00:54:10.829 otherwise be gentle with others.  
NOTE Confidence: 0.81218262

00:54:10.830 --> 00:54:13.385 That it can help to relieve burnout.  
NOTE Confidence: 0.7636486

00:54:16.170 --> 00:54:17.930 So that's a good observation,



NOTE Confidence: 0.7636486

00:54:17.930 --> 00:54:20.902 and we and I think it's a good

NOTE Confidence: 0.7636486

00:54:20.902 --> 00:54:22.503 one for caregivers and health

NOTE Confidence: 0.7636486

00:54:22.503 --> 00:54:24.258 care to think about that.

NOTE Confidence: 0.856393316

00:54:26.130 --> 00:54:28.957 Yes, thank you Doctor Olsen I I think

NOTE Confidence: 0.856393316

00:54:28.957 --> 00:54:31.198 just the awareness of it is a step in the

NOTE Confidence: 0.856393316

00:54:31.198 --> 00:54:33.210 right direction to be able to say yeah,

NOTE Confidence: 0.856393316

00:54:33.210 --> 00:54:35.238 I mean this is not working.

NOTE Confidence: 0.856393316

00:54:35.240 --> 00:54:38.750 My my advice is not working for me so.

NOTE Confidence: 0.856393316

00:54:38.750 --> 00:54:40.780 Not be hard on ourselves and then

NOTE Confidence: 0.856393316

00:54:40.780 --> 00:54:42.478 figure out what are the next.

NOTE Confidence: 0.856393316

00:54:42.480 --> 00:54:43.998 Best things for me to do

NOTE Confidence: 0.856393316

00:54:43.998 --> 00:54:45.520 to take care of myself?

NOTE Confidence: 0.856393316

00:54:45.520 --> 00:54:46.784 Maybe a different answer

NOTE Confidence: 0.856393316

00:54:46.784 --> 00:54:48.048 or a different solution.

NOTE Confidence: 0.944042365

00:54:49.340 --> 00:54:52.546 We sometimes think of healthcare as a

NOTE Confidence: 0.944042365

00:54:52.546 --> 00:54:56.069 calling and we will pour ourselves into it

NOTE Confidence: 0.944042365

00:54:56.069 --> 00:54:59.449 sometimes at the sacrifice to ourselves.

NOTE Confidence: 0.944042365

00:54:59.450 --> 00:55:01.970 But callings can have shadow sides too,

NOTE Confidence: 0.944042365

00:55:01.970 --> 00:55:05.594 and it's important to be aware of those

NOTE Confidence: 0.944042365

00:55:05.594 --> 00:55:08.511 shadow sides and to tend to yourself

NOTE Confidence: 0.944042365

00:55:08.511 --> 00:55:11.392 and care for yourself for the long

NOTE Confidence: 0.944042365

00:55:11.392 --> 00:55:13.018 run and service that you're calling.

NOTE Confidence: 0.9472095

00:55:16.380 --> 00:55:20.300 Yeah, for for me I I wonder to

NOTE Confidence: 0.936350032857143

00:55:20.300 --> 00:55:23.870 a lot of times in our best.

NOTE Confidence: 0.936350032857143

00:55:23.870 --> 00:55:26.450 Attempt to help others too.

NOTE Confidence: 0.936350032857143

00:55:26.450 --> 00:55:29.922 Sometimes we say things that we don't

NOTE Confidence: 0.936350032857143

00:55:29.922 --> 00:55:33.464 realize may not help another person too.

NOTE Confidence: 0.936350032857143

00:55:33.470 --> 00:55:36.746 I I yet the bereavement center over 10 years.

NOTE Confidence: 0.936350032857143

00:55:36.750 --> 00:55:39.851 I listened to many people who lost

NOTE Confidence: 0.936350032857143

00:55:39.851 --> 00:55:42.456 children who lost parents who lost

NOTE Confidence: 0.936350032857143

00:55:42.456 --> 00:55:45.522 a loved one and whoever they were,

NOTE Confidence: 0.936350032857143

00:55:45.522 --> 00:55:48.330 there was so many recurrence stories

NOTE Confidence: 0.936350032857143

00:55:48.417 --> 00:55:50.704 about lovely, well intentioned people

NOTE Confidence: 0.936350032857143

00:55:50.704 --> 00:55:53.630 who came to say just the right.

NOTE Confidence: 0.936350032857143

00:55:53.630 --> 00:55:56.406 Saying to help them and they didn't have

NOTE Confidence: 0.936350032857143

00:55:56.406 --> 00:55:59.465 the heart to tell them that it didn't help.

NOTE Confidence: 0.936350032857143

00:55:59.470 --> 00:56:02.676 That all those attempts to take the

NOTE Confidence: 0.936350032857143

00:56:02.676 --> 00:56:05.280 sorrow away couldn't couldn't work.

NOTE Confidence: 0.936350032857143

00:56:05.280 --> 00:56:07.710 Because the person was really

NOTE Confidence: 0.936350032857143

00:56:07.710 --> 00:56:10.817 struggling and just needed to move

NOTE Confidence: 0.936350032857143

00:56:10.817 --> 00:56:13.189 through that difficult emotion.

NOTE Confidence: 0.936350032857143

00:56:13.190 --> 00:56:14.938 And particularly around childbirth,

NOTE Confidence: 0.936350032857143

00:56:14.938 --> 00:56:17.560 I heard some stories that were

NOTE Confidence: 0.936350032857143

00:56:17.628 --> 00:56:19.660 not helpful people saying, well,

NOTE Confidence: 0.936350032857143

00:56:19.660 --> 00:56:21.830 you can have another child and things

NOTE Confidence: 0.936350032857143

00:56:21.830 --> 00:56:24.088 like that at the moment of the death,

NOTE Confidence: 0.936350032857143

00:56:24.090 --> 00:56:27.246 hoping to take the pain away  
NOTE Confidence: 0.936350032857143

00:56:27.246 --> 00:56:29.350 but actually causing hurt.  
NOTE Confidence: 0.936350032857143

00:56:29.350 --> 00:56:32.090 And so I would say that that we have to  
NOTE Confidence: 0.936350032857143

00:56:32.170 --> 00:56:34.830 all watch out as caregivers because we  
NOTE Confidence: 0.936350032857143

00:56:34.830 --> 00:56:37.877 have a tendency to want to take pain away.  
NOTE Confidence: 0.936350032857143

00:56:37.880 --> 00:56:40.834 And and help people and to fix.  
NOTE Confidence: 0.936350032857143

00:56:40.840 --> 00:56:42.532 And that's what maybe got us  
NOTE Confidence: 0.936350032857143

00:56:42.532 --> 00:56:44.359 into this in the 1st place.  
NOTE Confidence: 0.936350032857143

00:56:44.360 --> 00:56:46.300 But sometimes it it absolutely  
NOTE Confidence: 0.936350032857143

00:56:46.300 --> 00:56:48.540 isn't the right way to go.  
NOTE Confidence: 0.936350032857143

00:56:48.540 --> 00:56:51.300 And when people are in the midst of of hurt,  
NOTE Confidence: 0.936350032857143

00:56:51.300 --> 00:56:53.694 and when we are in the midst of hurt,  
NOTE Confidence: 0.936350032857143

00:56:53.700 --> 00:56:56.418 sometimes what we need to hear  
NOTE Confidence: 0.936350032857143

00:56:56.420 --> 00:56:59.675 doesn't sound like a solution at all.  
NOTE Confidence: 0.936350032857143

00:56:59.680 --> 00:57:02.660 It sounds more like empathy.  
NOTE Confidence: 0.936350032857143

00:57:02.660 --> 00:57:05.116 Like that really stinks.

NOTE Confidence: 0.936350032857143  
00:57:05.116 --> 00:57:08.186 And I'm here with you.  
NOTE Confidence: 0.936350032857143  
00:57:08.190 --> 00:57:10.976 And so it's more about connection with  
NOTE Confidence: 0.936350032857143  
00:57:10.976 --> 00:57:13.879 other people than it is about a solution.  
NOTE Confidence: 0.936350032857143  
00:57:13.880 --> 00:57:16.376 And so I would say that.  
NOTE Confidence: 0.936350032857143  
00:57:16.380 --> 00:57:18.666 I would encourage us all to  
NOTE Confidence: 0.936350032857143  
00:57:18.666 --> 00:57:20.096 notice the things that help,  
NOTE Confidence: 0.936350032857143  
00:57:20.100 --> 00:57:21.680 because sometimes the things  
NOTE Confidence: 0.936350032857143  
00:57:21.680 --> 00:57:24.050 that help are what help others.  
NOTE Confidence: 0.936350032857143  
00:57:24.050 --> 00:57:26.810 And and sometimes we're different.  
NOTE Confidence: 0.936350032857143  
00:57:26.810 --> 00:57:28.735 Sometimes what we would have  
NOTE Confidence: 0.936350032857143  
00:57:28.735 --> 00:57:30.930 done for others doesn't help us,  
NOTE Confidence: 0.936350032857143  
00:57:30.930 --> 00:57:34.026 and that's OK because we're different.  
NOTE Confidence: 0.936350032857143  
00:57:34.030 --> 00:57:37.442 And finding out those things as Bud  
NOTE Confidence: 0.936350032857143  
00:57:37.442 --> 00:57:40.543 said that help us are really important.  
NOTE Confidence: 0.936350032857143  
00:57:40.543 --> 00:57:43.489 But just remember that it's empathy.  
NOTE Confidence: 0.936350032857143

00:57:43.490 --> 00:57:46.214 It's being with somebody that matters

NOTE Confidence: 0.936350032857143

00:57:46.214 --> 00:57:49.039 the most through loss that matters

NOTE Confidence: 0.936350032857143

00:57:49.039 --> 00:57:51.858 the most through trauma that help

NOTE Confidence: 0.936350032857143

00:57:51.858 --> 00:57:54.726 people be vulnerable and actually.

NOTE Confidence: 0.936350032857143

00:57:54.726 --> 00:57:58.040 Fine growth many times in the

NOTE Confidence: 0.936350032857143

00:57:58.040 --> 00:57:58.760 midst of trauma.

NOTE Confidence: 0.871529827272727

00:58:00.510 --> 00:58:02.958 And I think that sometimes in

NOTE Confidence: 0.871529827272727

00:58:02.958 --> 00:58:04.990 in settings like this too,

NOTE Confidence: 0.871529827272727

00:58:04.990 --> 00:58:07.414 you might not have the opportunity

NOTE Confidence: 0.871529827272727

00:58:07.414 --> 00:58:09.511 to really have the conversation

NOTE Confidence: 0.871529827272727

00:58:09.511 --> 00:58:12.290 you want to have so and nothing

NOTE Confidence: 0.871529827272727

00:58:12.290 --> 00:58:15.069 here is meant to be prescriptive,

NOTE Confidence: 0.871529827272727

00:58:15.070 --> 00:58:18.122 and that's why we also invite the

NOTE Confidence: 0.871529827272727

00:58:18.122 --> 00:58:21.290 wisdom of the community to share,

NOTE Confidence: 0.871529827272727

00:58:21.290 --> 00:58:23.453 because through that sharing we find out

NOTE Confidence: 0.871529827272727

00:58:23.453 --> 00:58:25.866 we're not alone and people have found

NOTE Confidence: 0.871529827272727

00:58:25.866 --> 00:58:27.646 different answers in different ways,

NOTE Confidence: 0.871529827272727

00:58:27.650 --> 00:58:30.274 and we got to tap into that and.

NOTE Confidence: 0.871529827272727

00:58:30.280 --> 00:58:32.392 And part of that is also getting rid

NOTE Confidence: 0.871529827272727

00:58:32.392 --> 00:58:34.522 of the stigma of mental health care

NOTE Confidence: 0.871529827272727

00:58:34.522 --> 00:58:36.740 and what it's like to be a human

NOTE Confidence: 0.871529827272727

00:58:36.740 --> 00:58:40.130 and to be able to be compassionate

NOTE Confidence: 0.871529827272727

00:58:40.130 --> 00:58:43.830 towards ourselves and one another.

NOTE Confidence: 0.871529827272727

00:58:43.830 --> 00:58:45.244 So that we have each other when

NOTE Confidence: 0.871529827272727

00:58:45.244 --> 00:58:46.780 we need when we need each other.

NOTE Confidence: 0.879551606

00:58:48.250 --> 00:58:50.595 Well, and here are a couple of

NOTE Confidence: 0.879551606

00:58:50.595 --> 00:58:52.674 good comments that that segue from

NOTE Confidence: 0.879551606

00:58:52.674 --> 00:58:54.684 that and also ask the audience

NOTE Confidence: 0.879551606

00:58:54.684 --> 00:58:57.067 if you have any other questions,

NOTE Confidence: 0.879551606

00:58:57.070 --> 00:58:59.266 please feel free to put them in their Q&A.

NOTE Confidence: 0.879551606

00:58:59.270 --> 00:59:01.709 I think we still have a few more minutes,

NOTE Confidence: 0.879551606

00:59:01.710 --> 00:59:05.014 but here's one learning that it is  
NOTE Confidence: 0.879551606

00:59:05.014 --> 00:59:08.947 so hard to pour from an empty cup.  
NOTE Confidence: 0.879551606

00:59:08.950 --> 00:59:11.970 Give love to yourself.  
NOTE Confidence: 0.879551606

00:59:11.970 --> 00:59:15.481 So that whole idea of really making  
NOTE Confidence: 0.879551606

00:59:15.481 --> 00:59:18.067 sure we we do put ourselves.  
NOTE Confidence: 0.879551606

00:59:18.070 --> 00:59:20.834 Not first, but you know, we're not it's.  
NOTE Confidence: 0.879551606

00:59:20.834 --> 00:59:23.074 It's not being self indulgent  
NOTE Confidence: 0.879551606

00:59:23.074 --> 00:59:24.539 or selfish to to.  
NOTE Confidence: 0.879551606

00:59:24.540 --> 00:59:26.286 Fill up that cup for ourselves.  
NOTE Confidence: 0.66381747

00:59:28.140 --> 00:59:29.630 I don't want to burnout,  
NOTE Confidence: 0.66381747

00:59:29.630 --> 00:59:31.640 we want to go the distance.  
NOTE Confidence: 0.66381747

00:59:31.640 --> 00:59:32.950 Right or life.  
NOTE Confidence: 0.66381747

00:59:33.380 --> 00:59:35.396 Almost every religion in the world,  
NOTE Confidence: 0.66381747

00:59:35.400 --> 00:59:37.098 and whether somebody's religious or not,  
NOTE Confidence: 0.66381747

00:59:37.100 --> 00:59:38.878 has a love your neighbor as yourself.  
NOTE Confidence: 0.66381747

00:59:38.880 --> 00:59:40.764 Kind of a maxim.



NOTE Confidence: 0.66381747

00:59:40.764 --> 00:59:44.640 And we're we are our closest neighbor.

NOTE Confidence: 0.66381747

00:59:44.640 --> 00:59:47.230 And not to forget our closest neighbor.

NOTE Confidence: 0.956575748888889

00:59:49.150 --> 00:59:51.838 So here's another comment on the heels

NOTE Confidence: 0.956575748888889

00:59:51.838 --> 00:59:54.668 of that. I hope that in the future the

NOTE Confidence: 0.956575748888889

00:59:54.668 --> 00:59:56.630 pandemic will unite the entire world.

NOTE Confidence: 0.972480027142857

00:59:59.350 --> 01:00:01.632 And I guess that's up to us

NOTE Confidence: 0.972480027142857

01:00:01.632 --> 01:00:04.240 if we want that to come true.

NOTE Confidence: 0.972480027142857

01:00:04.240 --> 01:00:08.250 We have to make it come true. Yes.

NOTE Confidence: 0.92545446

01:00:08.250 --> 01:00:09.910 So folks in the audience,

NOTE Confidence: 0.92545446

01:00:09.910 --> 01:00:11.161 any other questions.

NOTE Confidence: 0.92545446

01:00:11.161 --> 01:00:14.570 And while you're if you want to chat,

NOTE Confidence: 0.92545446

01:00:14.570 --> 01:00:16.200 type that in, I'm I.

NOTE Confidence: 0.92545446

01:00:16.200 --> 01:00:17.724 I thought of something

NOTE Confidence: 0.92545446

01:00:17.724 --> 01:00:19.248 I've been thinking about.

NOTE Confidence: 0.92545446

01:00:19.250 --> 01:00:21.728 The question about having a a cancer

NOTE Confidence: 0.92545446

01:00:21.728 --> 01:00:23.990 diagnosis or something you know seriously,  
NOTE Confidence: 0.92545446

01:00:23.990 --> 01:00:26.000 say, say, maybe you've had COVID  
NOTE Confidence: 0.92545446

01:00:26.000 --> 01:00:27.738 and you've and you're you know  
NOTE Confidence: 0.92545446

01:00:27.738 --> 01:00:29.340 one of the the long haulers.  
NOTE Confidence: 0.92545446

01:00:29.340 --> 01:00:31.640 For example, it's it's.  
NOTE Confidence: 0.92545446

01:00:31.640 --> 01:00:34.510 It's still affecting you in some ways.  
NOTE Confidence: 0.92545446

01:00:34.510 --> 01:00:37.464 That must be awfully hard to think  
NOTE Confidence: 0.92545446

01:00:37.464 --> 01:00:39.350 about post traumatic growth.  
NOTE Confidence: 0.92545446

01:00:39.350 --> 01:00:41.510 Going through something like that.  
NOTE Confidence: 0.92545446

01:00:41.510 --> 01:00:43.270 But does it make sense?  
NOTE Confidence: 0.92545446

01:00:43.270 --> 01:00:47.176 And I'm going to ask you guys this question.  
NOTE Confidence: 0.92545446

01:00:47.180 --> 01:00:49.308 If there's one area that it feels  
NOTE Confidence: 0.92545446

01:00:49.308 --> 01:00:51.300 like we really can't grow from.  
NOTE Confidence: 0.92545446

01:00:51.300 --> 01:00:53.676 I mean we're feeling stuck in our body.  
NOTE Confidence: 0.92545446

01:00:53.680 --> 01:00:54.170 For example,  
NOTE Confidence: 0.92545446

01:00:54.170 --> 01:00:55.395 there's a problem with everybody.

NOTE Confidence: 0.92545446

01:00:55.400 --> 01:00:57.437 Can we work on the emotional side,

NOTE Confidence: 0.92545446

01:00:57.440 --> 01:00:58.595 the spiritual side,

NOTE Confidence: 0.92545446

01:00:58.595 --> 01:01:00.905 the social support side is that.

NOTE Confidence: 0.92545446

01:01:00.910 --> 01:01:03.918 Are those ways that we can kind of.

NOTE Confidence: 0.92545446

01:01:03.920 --> 01:01:06.056 Balance the equation in a sense.

NOTE Confidence: 0.92545446

01:01:06.060 --> 01:01:09.615 Does that make sense to see what I'm saying?

NOTE Confidence: 0.92545446

01:01:09.620 --> 01:01:10.150 Yeah,

NOTE Confidence: 0.82919705

01:01:10.540 --> 01:01:11.580 I hear what you're saying.

NOTE Confidence: 0.82919705

01:01:11.580 --> 01:01:13.834 So in all those different domains of

NOTE Confidence: 0.82919705

01:01:13.834 --> 01:01:17.060 Wellness, there are still other aspects

NOTE Confidence: 0.82919705

01:01:17.060 --> 01:01:20.260 that may not be affected as much that

NOTE Confidence: 0.82919705

01:01:20.260 --> 01:01:22.989 could strengthen that we could strengthen.

NOTE Confidence: 0.82919705

01:01:22.990 --> 01:01:26.822 Two to help support. That part of us

NOTE Confidence: 0.82919705

01:01:26.822 --> 01:01:30.230 that feels weak at the time. Correct?

NOTE Confidence: 0.8904990775

01:01:32.620 --> 01:01:35.516 I, I think that's makes sense to me.

NOTE Confidence: 0.8904990775

01:01:35.520 --> 01:01:39.021 I have you used that, but when people

NOTE Confidence: 0.8904990775

01:01:39.021 --> 01:01:42.048 visit you at the AP, have you seen?

NOTE Confidence: 0.892775152727273

01:01:43.550 --> 01:01:46.700 Well, we we certainly try I I

NOTE Confidence: 0.892775152727273

01:01:46.700 --> 01:01:49.866 don't do any direct one to one

NOTE Confidence: 0.892775152727273

01:01:49.866 --> 01:01:51.440 counseling myself, but we do.

NOTE Confidence: 0.892775152727273

01:01:51.440 --> 01:01:53.470 We do interact with a lot of

NOTE Confidence: 0.892775152727273

01:01:53.553 --> 01:01:55.788 folks within that setting that

NOTE Confidence: 0.892775152727273

01:01:55.790 --> 01:01:57.692 that are going through all kinds

NOTE Confidence: 0.892775152727273

01:01:57.692 --> 01:01:59.540 of struggles and I know I mean,

NOTE Confidence: 0.892775152727273

01:01:59.540 --> 01:02:01.250 one of the things that we've.

NOTE Confidence: 0.892775152727273

01:02:01.250 --> 01:02:02.986 And it's been touched on a couple

NOTE Confidence: 0.892775152727273

01:02:02.986 --> 01:02:04.374 times that we've found particularly

NOTE Confidence: 0.892775152727273

01:02:04.374 --> 01:02:06.132 helpful is to help people with

NOTE Confidence: 0.892775152727273

01:02:06.132 --> 01:02:07.867 that self compassion side of it.

NOTE Confidence: 0.892775152727273

01:02:07.870 --> 01:02:09.946 And a couple people have commented

NOTE Confidence: 0.892775152727273

01:02:09.946 --> 01:02:12.352 on that sometimes we are, you know,

NOTE Confidence: 0.892775152727273

01:02:12.352 --> 01:02:13.756 we're hardest on ourselves.

NOTE Confidence: 0.892775152727273

01:02:13.760 --> 01:02:15.646 And if we can learn to that,

NOTE Confidence: 0.892775152727273

01:02:15.646 --> 01:02:16.676 we're all in this together,

NOTE Confidence: 0.892775152727273

01:02:16.680 --> 01:02:19.120 we're all going through very

NOTE Confidence: 0.892775152727273

01:02:19.120 --> 01:02:20.096 similar struggles.

NOTE Confidence: 0.892775152727273

01:02:20.100 --> 01:02:21.030 We're not alone,

NOTE Confidence: 0.892775152727273

01:02:21.030 --> 01:02:23.200 but also to be kind to ourselves

NOTE Confidence: 0.892775152727273

01:02:23.263 --> 01:02:25.384 and make sure we do some things

NOTE Confidence: 0.892775152727273

01:02:25.384 --> 01:02:26.950 that that really fill up.

NOTE Confidence: 0.892775152727273

01:02:26.950 --> 01:02:28.250 Whatever cups need filling.

NOTE Confidence: 0.53603551

01:02:29.690 --> 01:02:33.540 You know, for as much of a of

NOTE Confidence: 0.53603551

01:02:33.540 --> 01:02:36.269 a net that you have if you.

NOTE Confidence: 0.53603551

01:02:36.270 --> 01:02:38.118 If you can strengthen all of

NOTE Confidence: 0.53603551

01:02:38.118 --> 01:02:39.350 those other different parts,

NOTE Confidence: 0.53603551

01:02:39.350 --> 01:02:42.304 and if you can create a mesh,

NOTE Confidence: 0.53603551

01:02:42.304 --> 01:02:44.489 a meshwork of of Wellness,  
NOTE Confidence: 0.53603551

01:02:44.490 --> 01:02:48.886 a meshwork of of security that that  
NOTE Confidence: 0.53603551

01:02:48.886 --> 01:02:51.970 definitely can bolster stabilize,  
NOTE Confidence: 0.53603551

01:02:51.970 --> 01:02:55.756 and help you to move through?  
NOTE Confidence: 0.53603551

01:02:55.760 --> 01:02:57.710 When there's a disturbance and  
NOTE Confidence: 0.53603551

01:02:57.710 --> 01:03:00.043 and so something so profoundly in  
NOTE Confidence: 0.53603551

01:03:00.043 --> 01:03:01.909 another part of your well being  
NOTE Confidence: 0.700990388571429

01:03:02.520 --> 01:03:05.250 right. I like that we're thinking of, yeah.  
NOTE Confidence: 0.906213129230769

01:03:06.450 --> 01:03:10.077 I I would say one of the most important  
NOTE Confidence: 0.906213129230769

01:03:10.077 --> 01:03:13.968 things for me personally has has been trying  
NOTE Confidence: 0.906213129230769

01:03:13.968 --> 01:03:18.598 to find venues where I can truly be myself.  
NOTE Confidence: 0.906213129230769

01:03:18.600 --> 01:03:23.703 In all my humanity, So what that means is  
NOTE Confidence: 0.906213129230769

01:03:23.710 --> 01:03:26.840 I'm not trying to put any kind of face on.  
NOTE Confidence: 0.906213129230769

01:03:26.840 --> 01:03:30.056 I'm not. I'm not trying to look good.  
NOTE Confidence: 0.906213129230769

01:03:30.060 --> 01:03:33.060 You know, I'm I'm just myself.  
NOTE Confidence: 0.906213129230769

01:03:33.060 --> 01:03:36.318 And if you can do that with people through

NOTE Confidence: 0.906213129230769  
01:03:36.318 --> 01:03:39.632 the pandemic and just say you know what  
NOTE Confidence: 0.906213129230769  
01:03:39.632 --> 01:03:41.660 I'm exhausted because I've been exhausted.  
NOTE Confidence: 0.906213129230769  
01:03:41.660 --> 01:03:42.880 You know chaplains have  
NOTE Confidence: 0.906213129230769  
01:03:42.880 --> 01:03:44.357 been in the midst of it.  
NOTE Confidence: 0.906213129230769  
01:03:44.360 --> 01:03:47.398 As many caregivers have people who are  
NOTE Confidence: 0.906213129230769  
01:03:47.398 --> 01:03:49.574 struggling with illness are in the  
NOTE Confidence: 0.906213129230769  
01:03:49.574 --> 01:03:52.760 midst of it, and you get exhausted.  
NOTE Confidence: 0.906213129230769  
01:03:52.760 --> 01:03:56.659 And but it's OK to be human.  
NOTE Confidence: 0.906213129230769  
01:03:56.660 --> 01:03:58.240 It's OK to be exhausted.  
NOTE Confidence: 0.906213129230769  
01:03:58.240 --> 01:04:00.520 It's OK to not feel good.  
NOTE Confidence: 0.906213129230769  
01:04:00.520 --> 01:04:04.600 And to do that with other people is the key.  
NOTE Confidence: 0.906213129230769  
01:04:04.600 --> 01:04:07.822 And whether that's in a context  
NOTE Confidence: 0.906213129230769  
01:04:07.822 --> 01:04:10.900 like therapy or with a rabbi,  
NOTE Confidence: 0.906213129230769  
01:04:10.900 --> 01:04:15.321 a pastor, a friend, you know it,  
NOTE Confidence: 0.906213129230769  
01:04:15.321 --> 01:04:17.326 it it almost matters more  
NOTE Confidence: 0.906213129230769

01:04:17.326 --> 01:04:19.830 that you can be yourself.  
NOTE Confidence: 0.906213129230769

01:04:19.830 --> 01:04:21.490 Then it matters the venue,  
NOTE Confidence: 0.906213129230769

01:04:21.490 --> 01:04:23.905 though some venues are better  
NOTE Confidence: 0.906213129230769

01:04:23.905 --> 01:04:26.320 than others in certain cases.  
NOTE Confidence: 0.906213129230769

01:04:26.320 --> 01:04:28.408 So I would encourage you if  
NOTE Confidence: 0.906213129230769

01:04:28.408 --> 01:04:29.452 you're feeling exhausted.  
NOTE Confidence: 0.906213129230769

01:04:29.460 --> 01:04:31.284 If you're struggling to find those  
NOTE Confidence: 0.906213129230769

01:04:31.284 --> 01:04:33.538 people who you can be yourself with,  
NOTE Confidence: 0.906213129230769

01:04:33.540 --> 01:04:35.525 and you can be exhausted and  
NOTE Confidence: 0.906213129230769

01:04:35.525 --> 01:04:36.875 you can share all of that.  
NOTE Confidence: 0.906213129230769

01:04:36.880 --> 01:04:38.560 And in all of its truth.  
NOTE Confidence: 0.906213129230769

01:04:38.560 --> 01:04:40.612 And actually what I found for  
NOTE Confidence: 0.906213129230769

01:04:40.612 --> 01:04:42.915 myself that when I do that and  
NOTE Confidence: 0.906213129230769

01:04:42.915 --> 01:04:45.520 when I feel that or I even I weep  
NOTE Confidence: 0.906213129230769

01:04:45.520 --> 01:04:47.260 about that or whatever it is,  
NOTE Confidence: 0.906213129230769

01:04:47.260 --> 01:04:49.180 I feel so much better.



NOTE Confidence: 0.906213129230769  
01:04:49.180 --> 01:04:49.832 You know,  
NOTE Confidence: 0.906213129230769  
01:04:49.832 --> 01:04:51.788 and and I actually get strength  
NOTE Confidence: 0.906213129230769  
01:04:51.788 --> 01:04:53.899 and I begin to reconnect with  
NOTE Confidence: 0.906213129230769  
01:04:53.899 --> 01:04:56.336 my calling and my sense of why  
NOTE Confidence: 0.906213129230769  
01:04:56.336 --> 01:04:58.338 I do this in the first place.  
NOTE Confidence: 0.906213129230769  
01:04:58.340 --> 01:04:59.134 You know,  
NOTE Confidence: 0.906213129230769  
01:04:59.134 --> 01:05:01.516 like rather than just feeling exhausted,  
NOTE Confidence: 0.906213129230769  
01:05:01.520 --> 01:05:04.100 I start to feel like you know what  
NOTE Confidence: 0.906213129230769  
01:05:04.100 --> 01:05:06.020 I've just shared with somebody that  
NOTE Confidence: 0.906213129230769  
01:05:06.020 --> 01:05:08.208 this is really hard and why I do this  
NOTE Confidence: 0.906213129230769  
01:05:08.208 --> 01:05:10.390 and I really feel invigorated now.  
NOTE Confidence: 0.906213129230769  
01:05:10.390 --> 01:05:12.815 And I can go at it again and  
NOTE Confidence: 0.906213129230769  
01:05:12.815 --> 01:05:14.440 I can do it again.  
NOTE Confidence: 0.906213129230769  
01:05:14.440 --> 01:05:17.624 So my main point or hope hope for  
NOTE Confidence: 0.906213129230769  
01:05:17.624 --> 01:05:20.957 all of us would be to to be real  
NOTE Confidence: 0.906213129230769

01:05:20.957 --> 01:05:24.072 and to be with people through this  
NOTE Confidence: 0.906213129230769

01:05:24.072 --> 01:05:26.252 and that's the greatest potential  
NOTE Confidence: 0.906213129230769

01:05:26.252 --> 01:05:28.210 to get through illness.  
NOTE Confidence: 0.906213129230769

01:05:28.210 --> 01:05:31.322 To get through anything that we need to  
NOTE Confidence: 0.906213129230769

01:05:31.322 --> 01:05:34.364 go through and not to try to be strong.  
NOTE Confidence: 0.906213129230769

01:05:34.370 --> 01:05:34.860 You know,  
NOTE Confidence: 0.906213129230769

01:05:34.860 --> 01:05:36.085 in the face of others,  
NOTE Confidence: 0.906213129230769

01:05:36.090 --> 01:05:37.450 but to actually be real.  
NOTE Confidence: 0.906223122222222

01:05:39.250 --> 01:05:41.235 Yeah, I'm I'm definitely grateful  
NOTE Confidence: 0.906223122222222

01:05:41.235 --> 01:05:44.015 for those who have noticed in me  
NOTE Confidence: 0.906223122222222

01:05:44.015 --> 01:05:45.835 and shared something of themselves  
NOTE Confidence: 0.906223122222222

01:05:45.835 --> 01:05:47.806 or just shared of themselves  
NOTE Confidence: 0.906223122222222

01:05:47.806 --> 01:05:49.836 what they were going through.  
NOTE Confidence: 0.906223122222222

01:05:49.840 --> 01:05:52.051 And then I was like, wow, that's right,  
NOTE Confidence: 0.906223122222222

01:05:52.051 --> 01:05:54.553 that's exactly how I feel too.  
NOTE Confidence: 0.906223122222222

01:05:54.560 --> 01:05:57.212 And it's such a profound thing

NOTE Confidence: 0.906223122222222

01:05:57.212 --> 01:05:59.406 when someone shares something with

NOTE Confidence: 0.906223122222222

01:05:59.406 --> 01:06:02.004 you and you're suddenly not alone

NOTE Confidence: 0.906223122222222

01:06:02.004 --> 01:06:04.274 and you're suddenly validated in

NOTE Confidence: 0.906223122222222

01:06:04.274 --> 01:06:06.920 it and you're suddenly you know,

NOTE Confidence: 0.906223122222222

01:06:06.920 --> 01:06:08.850 seen and heard and connected.

NOTE Confidence: 0.912372872

01:06:10.930 --> 01:06:12.540 So if if anybody has,

NOTE Confidence: 0.912372872

01:06:12.540 --> 01:06:14.664 it sees an opportunity to be

NOTE Confidence: 0.912372872

01:06:14.664 --> 01:06:16.860 that for someone, it's profound.

NOTE Confidence: 0.9428051425

01:06:19.390 --> 01:06:22.312 And getting connected to one source

NOTE Confidence: 0.9428051425

01:06:22.312 --> 01:06:24.241 of meaning, whatever that is,

NOTE Confidence: 0.9428051425

01:06:24.241 --> 01:06:26.143 you know for some people that's

NOTE Confidence: 0.9428051425

01:06:26.143 --> 01:06:28.430 more religious, but other people it

NOTE Confidence: 0.9428051425

01:06:28.430 --> 01:06:31.150 could be art or nature or whatever,

NOTE Confidence: 0.9428051425

01:06:31.150 --> 01:06:32.722 but whatever it is that brings

NOTE Confidence: 0.9428051425

01:06:32.722 --> 01:06:33.770 a sense of purpose,

NOTE Confidence: 0.9428051425

01:06:33.770 --> 01:06:36.470 meaning and connectedness to you.  
NOTE Confidence: 0.9428051425

01:06:36.470 --> 01:06:38.274 Through these difficult experiences,  
NOTE Confidence: 0.9428051425

01:06:38.274 --> 01:06:40.550 those are very, very important.  
NOTE Confidence: 0.9428051425

01:06:40.550 --> 01:06:44.230 So if you're facing a new cancer diagnosis  
NOTE Confidence: 0.9428051425

01:06:44.313 --> 01:06:47.751 or chronic illness or whatever it is finding.  
NOTE Confidence: 0.9428051425

01:06:47.751 --> 01:06:51.237 Whatever that is larger than you,  
NOTE Confidence: 0.9428051425

01:06:51.240 --> 01:06:54.680 what what you truly believe is critical.  
NOTE Confidence: 0.9428051425

01:06:54.680 --> 01:06:58.040 Because you can't do it alone and  
NOTE Confidence: 0.9428051425

01:06:58.040 --> 01:07:00.960 people are important and also something  
NOTE Confidence: 0.9428051425

01:07:00.960 --> 01:07:02.910 larger than people is important.  
NOTE Confidence: 0.9428051425

01:07:02.910 --> 01:07:03.960 Whatever that is for you.  
NOTE Confidence: 0.880698798888889

01:07:07.140 --> 01:07:10.920 I also see the opportunity here while we have  
NOTE Confidence: 0.880698798888889

01:07:10.920 --> 01:07:14.336 our audience here from our community is.  
NOTE Confidence: 0.880698798888889

01:07:14.340 --> 01:07:16.540 In the this coming week,  
NOTE Confidence: 0.880698798888889

01:07:16.540 --> 01:07:19.977 you know the March 4th through 11th  
NOTE Confidence: 0.880698798888889

01:07:19.977 --> 01:07:23.720 we're having a week where it's about.

NOTE Confidence: 0.880698798888889  
01:07:23.720 --> 01:07:25.940 Being seen, heard and valued,  
NOTE Confidence: 0.880698798888889  
01:07:25.940 --> 01:07:27.896 we call it weak of gratitude,  
NOTE Confidence: 0.880698798888889  
01:07:27.900 --> 01:07:29.496 but it's going to be about  
NOTE Confidence: 0.880698798888889  
01:07:29.496 --> 01:07:30.560 listening to one another.  
NOTE Confidence: 0.880698798888889  
01:07:30.560 --> 01:07:32.360 Being out there and seeing  
NOTE Confidence: 0.880698798888889  
01:07:32.360 --> 01:07:33.800 and hearing one another.  
NOTE Confidence: 0.880698798888889  
01:07:33.800 --> 01:07:37.184 And and anybody can do that  
NOTE Confidence: 0.880698798888889  
01:07:37.184 --> 01:07:40.140 for the people around them.  
NOTE Confidence: 0.880698798888889  
01:07:40.140 --> 01:07:42.964 And it will really provide that kind  
NOTE Confidence: 0.880698798888889  
01:07:42.964 --> 01:07:44.763 of mesh work like you're talking about,  
NOTE Confidence: 0.880698798888889  
01:07:44.770 --> 01:07:48.794 but that kind of network that keeps us.  
NOTE Confidence: 0.880698798888889  
01:07:48.800 --> 01:07:51.730 Feeling more secure and valued.  
NOTE Confidence: 0.9154991  
01:07:53.960 --> 01:07:54.770 Absolutely.  
NOTE Confidence: 0.917498746666667  
01:07:57.030 --> 01:07:59.670 Gratitude will definitely help us all,  
NOTE Confidence: 0.917498746666667  
01:07:59.670 --> 01:08:02.190 and I love that idea of it's  
NOTE Confidence: 0.917498746666667

01:08:02.190 --> 01:08:04.254 not just the one level thing  
NOTE Confidence: 0.917498746666667

01:08:04.254 --> 01:08:06.174 to the other level, you know.  
NOTE Confidence: 0.917498746666667

01:08:06.174 --> 01:08:07.986 Thank you for what you do,  
NOTE Confidence: 0.917498746666667

01:08:07.990 --> 01:08:09.250 but it's everybody you know.  
NOTE Confidence: 0.917498746666667

01:08:09.250 --> 01:08:10.794 We have our coworkers.  
NOTE Confidence: 0.917498746666667

01:08:10.794 --> 01:08:14.454 We have, you know, we have all the people  
NOTE Confidence: 0.917498746666667

01:08:14.454 --> 01:08:18.580 that we interact with on a daily basis so.  
NOTE Confidence: 0.917498746666667

01:08:18.580 --> 01:08:21.995 Totally, here's one last comment and  
NOTE Confidence: 0.917498746666667

01:08:21.995 --> 01:08:23.920 I'll give one last call if there's  
NOTE Confidence: 0.917498746666667

01:08:23.920 --> 01:08:25.818 any last questions or comments,  
NOTE Confidence: 0.917498746666667

01:08:25.820 --> 01:08:29.880 but this one is is is excellent.  
NOTE Confidence: 0.917498746666667

01:08:29.880 --> 01:08:32.232 I totally agree that we need to  
NOTE Confidence: 0.917498746666667

01:08:32.232 --> 01:08:34.259 practice and honor our humanness.  
NOTE Confidence: 0.917498746666667

01:08:34.260 --> 01:08:36.889 I believe that when we all begin to  
NOTE Confidence: 0.917498746666667

01:08:36.889 --> 01:08:38.623 be vulnerable with our humanity is  
NOTE Confidence: 0.917498746666667

01:08:38.623 --> 01:08:41.118 the key to peace and heaven on Earth.

NOTE Confidence: 0.9311078

01:08:43.910 --> 01:08:45.660 Yes, well said.

NOTE Confidence: 0.923710169411765

01:08:46.860 --> 01:08:48.722 So if there are there any other

NOTE Confidence: 0.923710169411765

01:08:48.722 --> 01:08:50.080 comments or questions from the

NOTE Confidence: 0.923710169411765

01:08:50.080 --> 01:08:51.335 audience and I don't know.

NOTE Confidence: 0.923710169411765

01:08:51.340 --> 01:08:53.920 Chaplain Palladino and Doctor Olson.

NOTE Confidence: 0.923710169411765

01:08:53.920 --> 01:08:57.014 If you have any final wrap up.

NOTE Confidence: 0.923710169411765

01:08:57.020 --> 01:09:00.268 Comments. But it doesn't look

NOTE Confidence: 0.923710169411765

01:09:00.268 --> 01:09:01.990 like there's anything right at the

NOTE Confidence: 0.923710169411765

01:09:02.051 --> 01:09:03.809 moment in the question and answer

NOTE Confidence: 0.553226448

01:09:04.860 --> 01:09:07.440 well. I want to come.

NOTE Confidence: 0.553226448

01:09:07.440 --> 01:09:09.825 I want to say it's great I I wish

NOTE Confidence: 0.553226448

01:09:09.825 --> 01:09:11.797 that I could have seen everybody

NOTE Confidence: 0.553226448

01:09:11.797 --> 01:09:14.235 but it's I feel the humanist I

NOTE Confidence: 0.553226448

01:09:14.235 --> 01:09:16.769 feel from the shares that have been

NOTE Confidence: 0.553226448

01:09:16.769 --> 01:09:20.010 given here that we came here as a

NOTE Confidence: 0.553226448

01:09:20.010 --> 01:09:22.638 community we shared as a community.

NOTE Confidence: 0.553226448

01:09:22.640 --> 01:09:25.136 The wisdom is in the community,

NOTE Confidence: 0.553226448

01:09:25.140 --> 01:09:28.528 and the wisdom is in our humanness

NOTE Confidence: 0.553226448

01:09:28.528 --> 01:09:30.960 and and all that we share together,

NOTE Confidence: 0.553226448

01:09:30.960 --> 01:09:33.005 because we've all had different

NOTE Confidence: 0.553226448

01:09:33.005 --> 01:09:34.641 experiences and are different

NOTE Confidence: 0.553226448

01:09:34.641 --> 01:09:36.259 places in our experiences,

NOTE Confidence: 0.553226448

01:09:36.260 --> 01:09:38.829 and have something to offer one another.

NOTE Confidence: 0.553226448

01:09:38.830 --> 01:09:41.924 So I want to thank this community

NOTE Confidence: 0.553226448

01:09:41.924 --> 01:09:44.660 for being here and and being human.

NOTE Confidence: 0.751981

01:09:46.870 --> 01:09:49.540 Yeah, thank you I I.

NOTE Confidence: 0.751981

01:09:49.540 --> 01:09:51.060 Really appreciate it as well,

NOTE Confidence: 0.751981

01:09:51.060 --> 01:09:53.216 and I also feel the desire to

NOTE Confidence: 0.751981

01:09:53.216 --> 01:09:55.678 just be with all of you you know.

NOTE Confidence: 0.751981

01:09:55.680 --> 01:09:57.458 And and I know that you're not,

NOTE Confidence: 0.751981

01:09:57.460 --> 01:09:58.288 you're you're not,



NOTE Confidence: 0.751981

01:09:58.288 --> 01:09:59.624 you know, through zoom,

NOTE Confidence: 0.751981

01:09:59.624 --> 01:10:01.976 it's it's harder to do that.

NOTE Confidence: 0.751981

01:10:01.980 --> 01:10:05.076 But I'm just so grateful that you've come.

NOTE Confidence: 0.751981

01:10:05.080 --> 01:10:07.890 I would like to end.

NOTE Confidence: 0.751981

01:10:07.890 --> 01:10:10.862 You know, in 1980,

NOTE Confidence: 0.751981

01:10:10.862 --> 01:10:13.854 ninety four Mother Teresa said something

NOTE Confidence: 0.751981

01:10:13.854 --> 01:10:17.072 to me that I think really applies to

NOTE Confidence: 0.751981

01:10:17.072 --> 01:10:20.439 to what we experience as human beings.

NOTE Confidence: 0.751981

01:10:20.440 --> 01:10:23.240 And I had been working with people

NOTE Confidence: 0.751981

01:10:23.240 --> 01:10:25.815 with leprosy and so when I explained

NOTE Confidence: 0.751981

01:10:25.815 --> 01:10:28.300 to her my goals or my hopes,

NOTE Confidence: 0.751981

01:10:28.300 --> 01:10:30.272 she said, you know,

NOTE Confidence: 0.751981

01:10:30.272 --> 01:10:33.890 there is a leprosy in the West.

NOTE Confidence: 0.751981

01:10:33.890 --> 01:10:37.200 And I call it loneliness.

NOTE Confidence: 0.751981

01:10:37.200 --> 01:10:40.208 She says I want you to look around

NOTE Confidence: 0.751981

01:10:40.208 --> 01:10:42.756 in Calcutta where we were at the  
NOTE Confidence: 0.751981

01:10:42.756 --> 01:10:45.529 time and we were looking down on a  
NOTE Confidence: 0.751981

01:10:45.529 --> 01:10:48.545 off of a balcony and she said I want  
NOTE Confidence: 0.751981

01:10:48.545 --> 01:10:50.919 you to look at all those people in  
NOTE Confidence: 0.751981

01:10:50.919 --> 01:10:53.043 that particular area where there was  
NOTE Confidence: 0.751981

01:10:53.043 --> 01:10:55.684 a lot of poverty and she says point  
NOTE Confidence: 0.751981

01:10:55.684 --> 01:10:58.259 out the people who don't have a smile.  
NOTE Confidence: 0.751981

01:10:58.260 --> 01:10:59.940 And I was shocked.  
NOTE Confidence: 0.751981

01:10:59.940 --> 01:11:03.340 I looked down and people were laughing.  
NOTE Confidence: 0.751981

01:11:03.340 --> 01:11:07.918 And smiling, and we're very poor.  
NOTE Confidence: 0.751981

01:11:07.920 --> 01:11:08.928 And she said,  
NOTE Confidence: 0.751981

01:11:08.928 --> 01:11:12.060 I have people coming from all over the world,  
NOTE Confidence: 0.751981

01:11:12.060 --> 01:11:14.496 and the richer country they come from,  
NOTE Confidence: 0.751981

01:11:14.500 --> 01:11:17.470 and the more freedom they have.  
NOTE Confidence: 0.751981

01:11:17.470 --> 01:11:19.754 The more sometimes they're  
NOTE Confidence: 0.751981

01:11:19.754 --> 01:11:21.467 separated from others.

NOTE Confidence: 0.751981  
01:11:21.470 --> 01:11:23.405 And she said the leprosy  
NOTE Confidence: 0.751981  
01:11:23.405 --> 01:11:25.742 of the West is loneliness.  
NOTE Confidence: 0.751981  
01:11:25.742 --> 01:11:30.770 And she said, we have sisters in Connecticut.  
NOTE Confidence: 0.751981  
01:11:30.770 --> 01:11:33.480 And those sisters struggle more.  
NOTE Confidence: 0.751981  
01:11:33.480 --> 01:11:36.030 With people who are shut into  
NOTE Confidence: 0.751981  
01:11:36.030 --> 01:11:38.490 their houses and have no love.  
NOTE Confidence: 0.751981  
01:11:38.490 --> 01:11:43.410 Then people who can't be fed.  
NOTE Confidence: 0.751981  
01:11:43.410 --> 01:11:45.650 And so my encouragement based  
NOTE Confidence: 0.751981  
01:11:45.650 --> 01:11:47.442 on what she said.  
NOTE Confidence: 0.751981  
01:11:47.450 --> 01:11:48.736 Is that?  
NOTE Confidence: 0.751981  
01:11:48.736 --> 01:11:53.240 We find that we can grow and  
NOTE Confidence: 0.751981  
01:11:53.240 --> 01:11:56.440 thrive when we're not alone,  
NOTE Confidence: 0.751981  
01:11:56.440 --> 01:11:58.800 and we're not trying to do it alone.  
NOTE Confidence: 0.751981  
01:11:58.800 --> 01:12:02.832 And we're not trying to do it as autonomous.  
NOTE Confidence: 0.751981  
01:12:02.840 --> 01:12:05.220 You know individuals that try to pull  
NOTE Confidence: 0.751981

01:12:05.220 --> 01:12:07.530 ourselves up by our own bootstraps.

NOTE Confidence: 0.751981

01:12:07.530 --> 01:12:09.840 And that really is something

NOTE Confidence: 0.751981

01:12:09.840 --> 01:12:13.169 that does not lead to to growth.

NOTE Confidence: 0.751981

01:12:13.170 --> 01:12:17.112 But actually growth comes when we

NOTE Confidence: 0.751981

01:12:17.112 --> 01:12:19.890 seek out others who can hear us,

NOTE Confidence: 0.751981

01:12:19.890 --> 01:12:22.293 and we're part of a community and

NOTE Confidence: 0.751981

01:12:22.293 --> 01:12:25.394 we can learn and grow and thrive.

NOTE Confidence: 0.751981

01:12:25.400 --> 01:12:27.792 So my hope for all of us here

NOTE Confidence: 0.751981

01:12:27.792 --> 01:12:30.193 myself and everyone else is that we

NOTE Confidence: 0.751981

01:12:30.193 --> 01:12:32.801 not live in that kind of poverty

NOTE Confidence: 0.751981

01:12:32.801 --> 01:12:35.213 but actually live in the riches.

NOTE Confidence: 0.751981

01:12:35.220 --> 01:12:38.412 Of not being alone and not being

NOTE Confidence: 0.751981

01:12:38.412 --> 01:12:40.088 lonely but being connected.

NOTE Confidence: 0.91377967625

01:12:42.170 --> 01:12:43.938 And that's what I have to end with.

NOTE Confidence: 0.849348293

01:12:48.040 --> 01:12:50.130 Chaplain Paladino thank you very

NOTE Confidence: 0.849348293

01:12:50.130 --> 01:12:52.220 much for those closing words.

NOTE Confidence: 0.849348293

01:12:52.220 --> 01:12:54.652 Very touching Doctor Olson.

NOTE Confidence: 0.849348293

01:12:54.652 --> 01:12:57.500 Also, thank you for your wonderful

NOTE Confidence: 0.849348293

01:12:57.500 --> 01:12:59.052 insights and your knowledge.

NOTE Confidence: 0.849348293

01:12:59.052 --> 01:13:02.108 Both of you did a fantastic job and we

NOTE Confidence: 0.849348293

01:13:02.108 --> 01:13:05.000 all thank you very very much. And we.