

Resilience: As the Bamboo Bends

Coping with the Stress of COVID-19

Solano Community College Convocation

August 14, 2020

Satsuki Ina, PhD with VP Shannon Cooper, PsyD

*When the harsh wind blows
the great bamboo bends,
strengthened and deepened.*

Photo by Satsuki Ina, Kyoto 2013

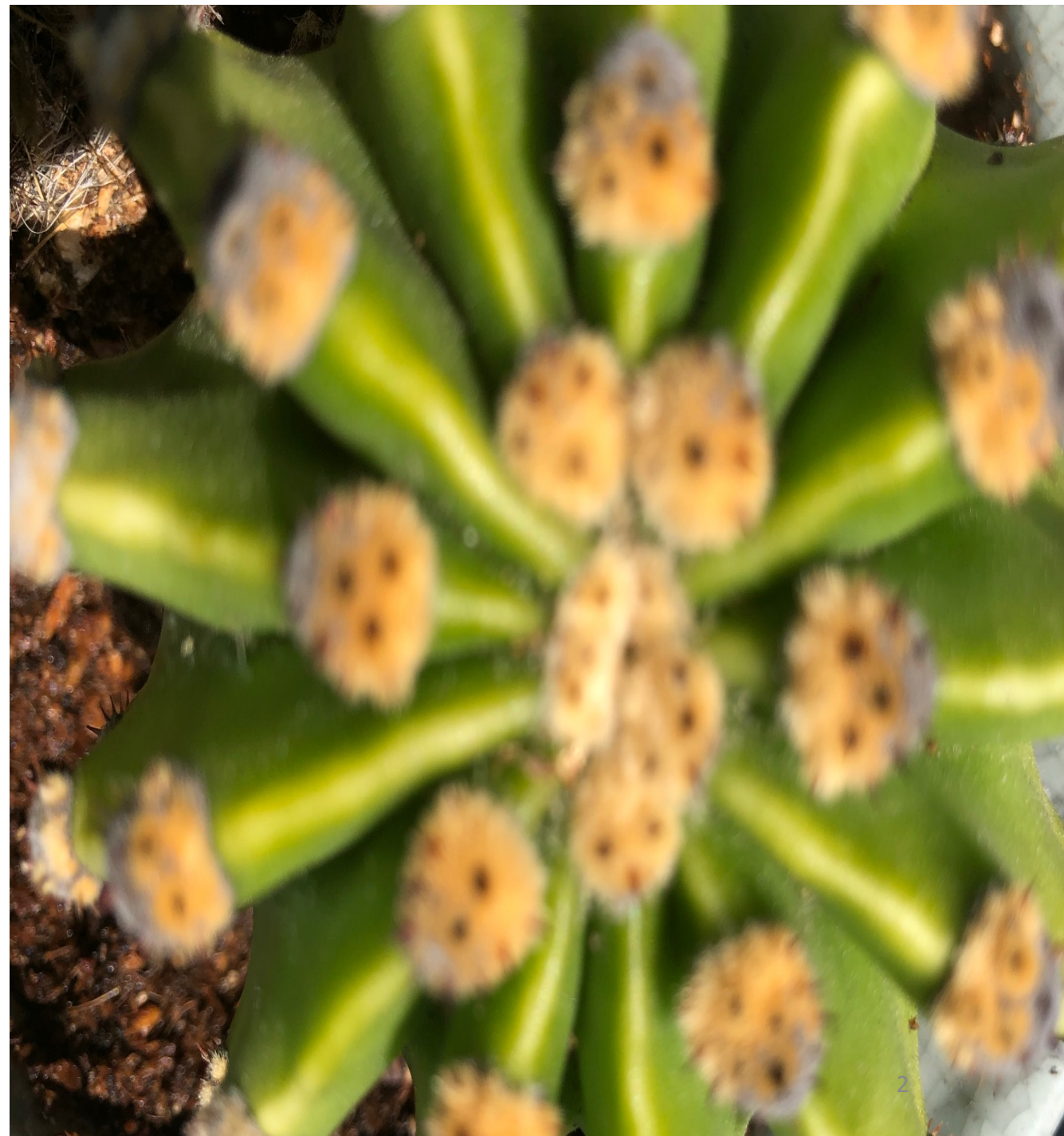


COVID-19: Pandemic

Pandemic: Spread of a disease throughout an entire country, continent, or the whole world.

Impact:

- * sickness and death
- * strained medical response
- * destabilized economic, educational, social, political infrastructures
- * altered reality: physical and mental health



COVID-19: Trauma

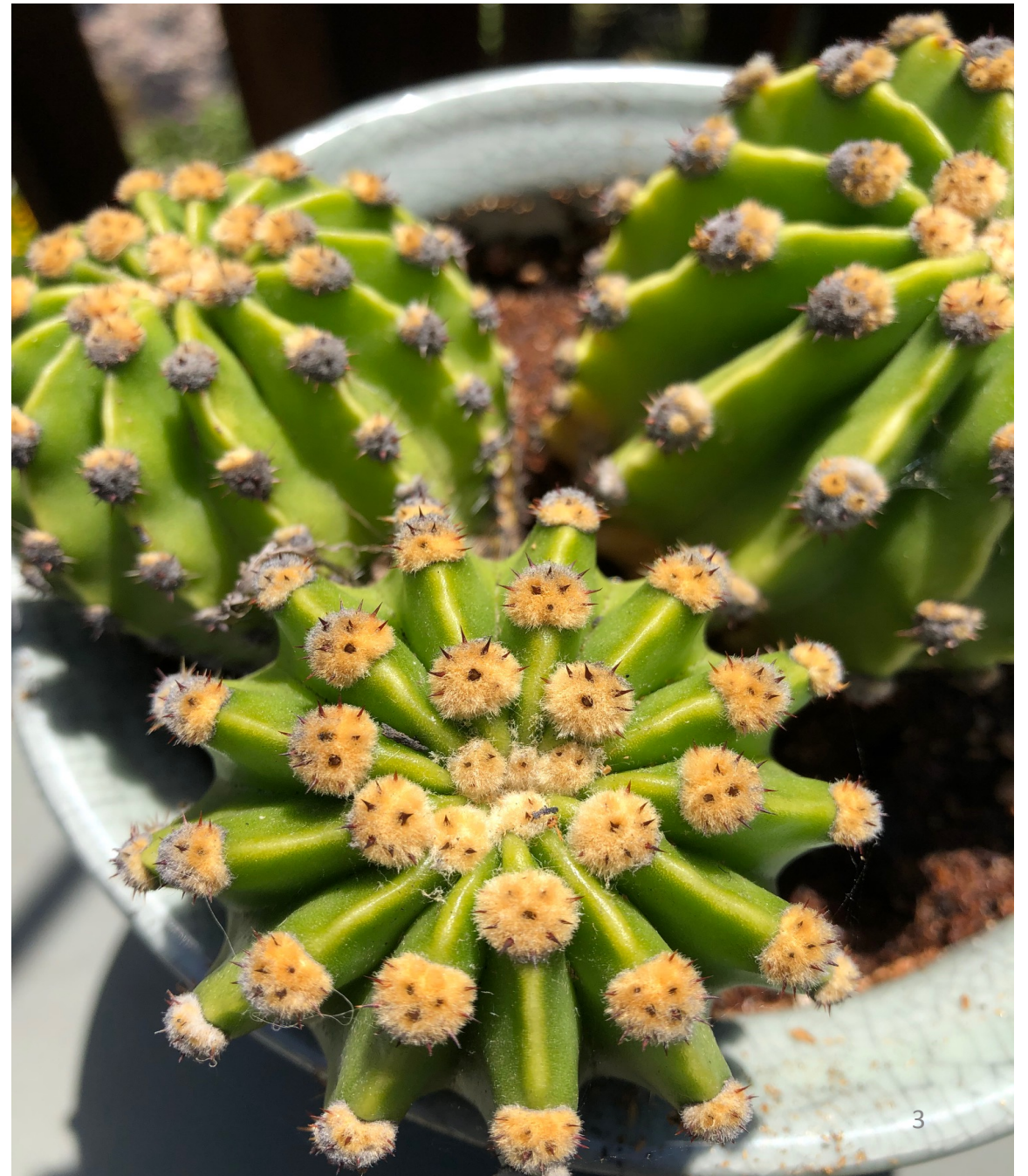
Trauma: “An experience outside the range of normal human experience.”

Single Incident v. Sustained Trauma: car accident v. pandemic

Collective Trauma: natural disasters, war, economic depression, epidemic/pandemic

Concurrent Trauma: poverty, racism, other underlying conditions both physical and emotional

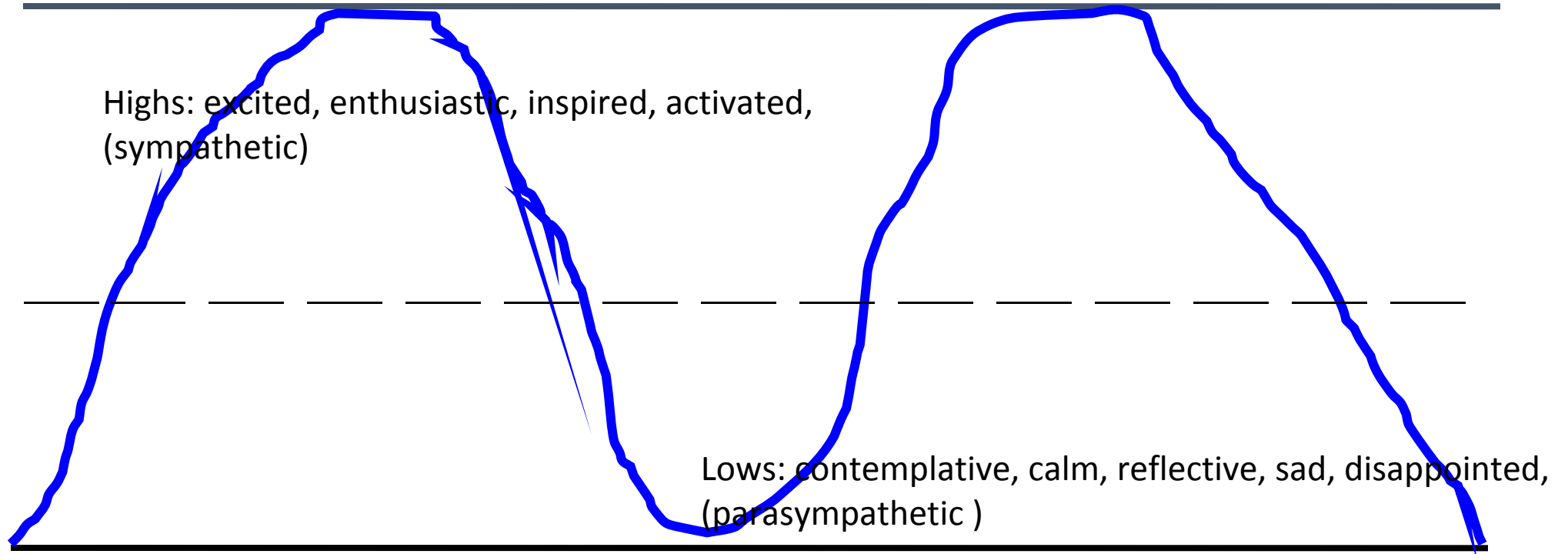
Photo by Satsuki Ina, Oakland, California 2020

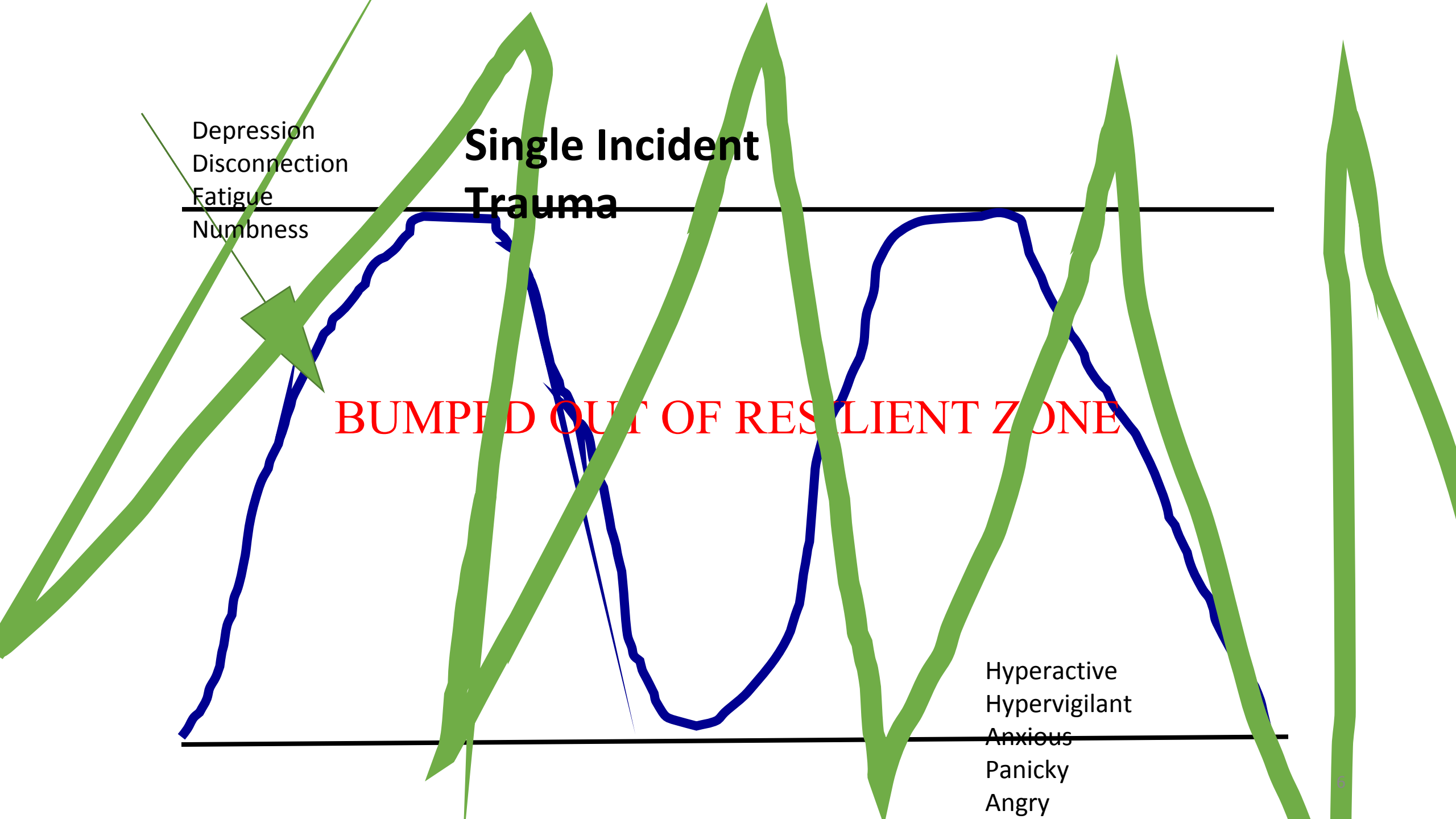


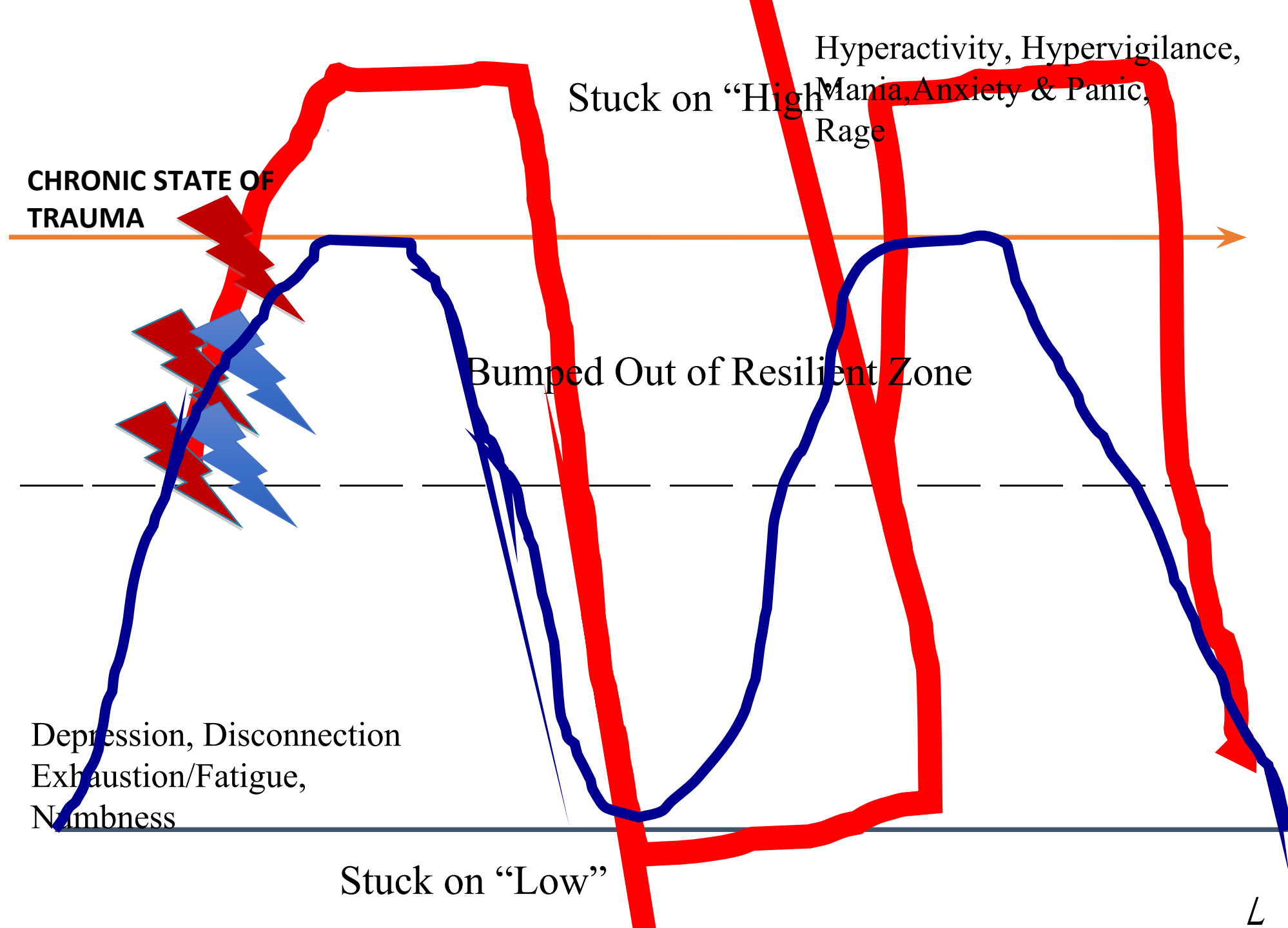
How trauma affects our Nervous System: release of stress hormones



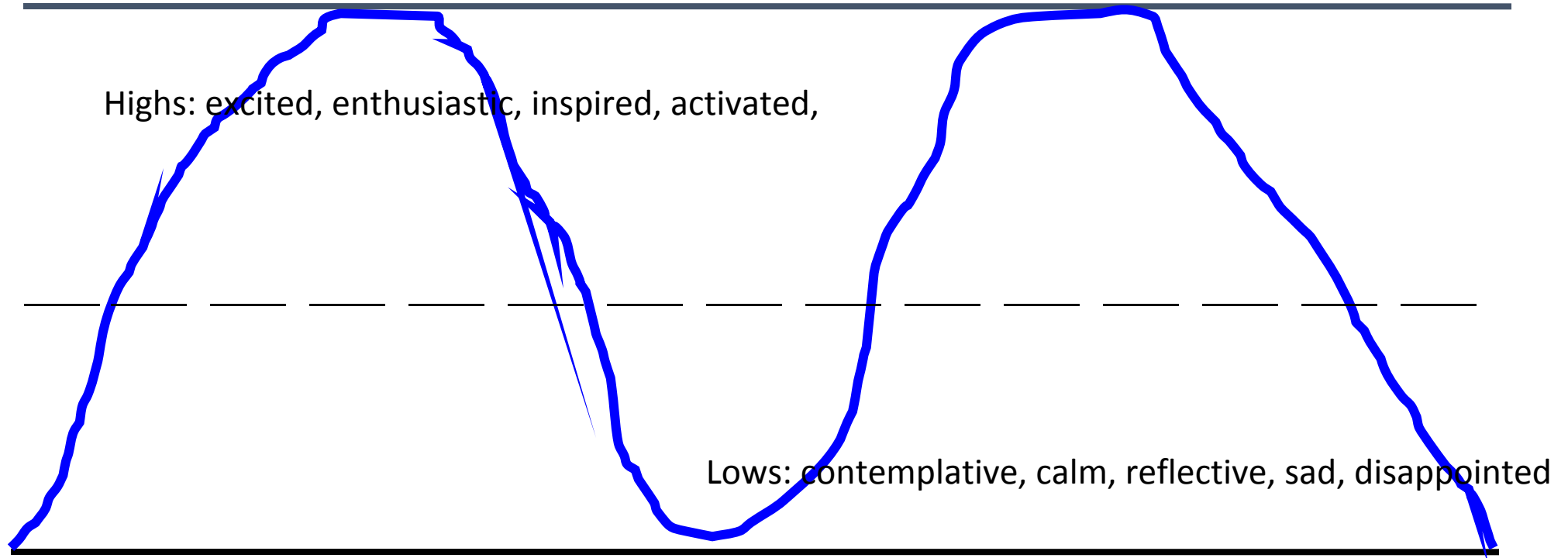
“Normal” RESILIENT ZONE







“New Normal” RESILIENT ZONE



Surviving or Thriving during Covid

What gazelles don't have is a highly evolved human brain to worry and fret **OR** to make conscious choices.

"It cannot be helped" - passive acceptance **OR** motivation to be creative, face reality and work around it.

"It must be endured" - stoic forbearance **OR** inspiration to persevere in a positive direction, strength to move on, have faith, seek support from others.

"Just persist" - hang on and hold out **OR** inspiration to shift to possibility, hope, and great ideas.



Stages of Dealing with Pandemic

1. SURVIVING: mobilizing
2. COPING: sustaining
3. THRIVING: growing

Photo by Satsuki Ina, Corvallis, Oregon, 1980



Lessons Learned

CARE:

Self

Family

Community

Others



Lessons Learned

LEARN & CREATE:

Mickey Mouse Geta

By Jingo Takeuchi

Santa Fe, New Mexico

Circa 1942-43

From Nancy Ukai's 50 Objects/50 Stories Project

Photo by David Izu



Lessons Learned

Calm the mind:

Spiritual Practice

Mindfulness

Faith

Meditation

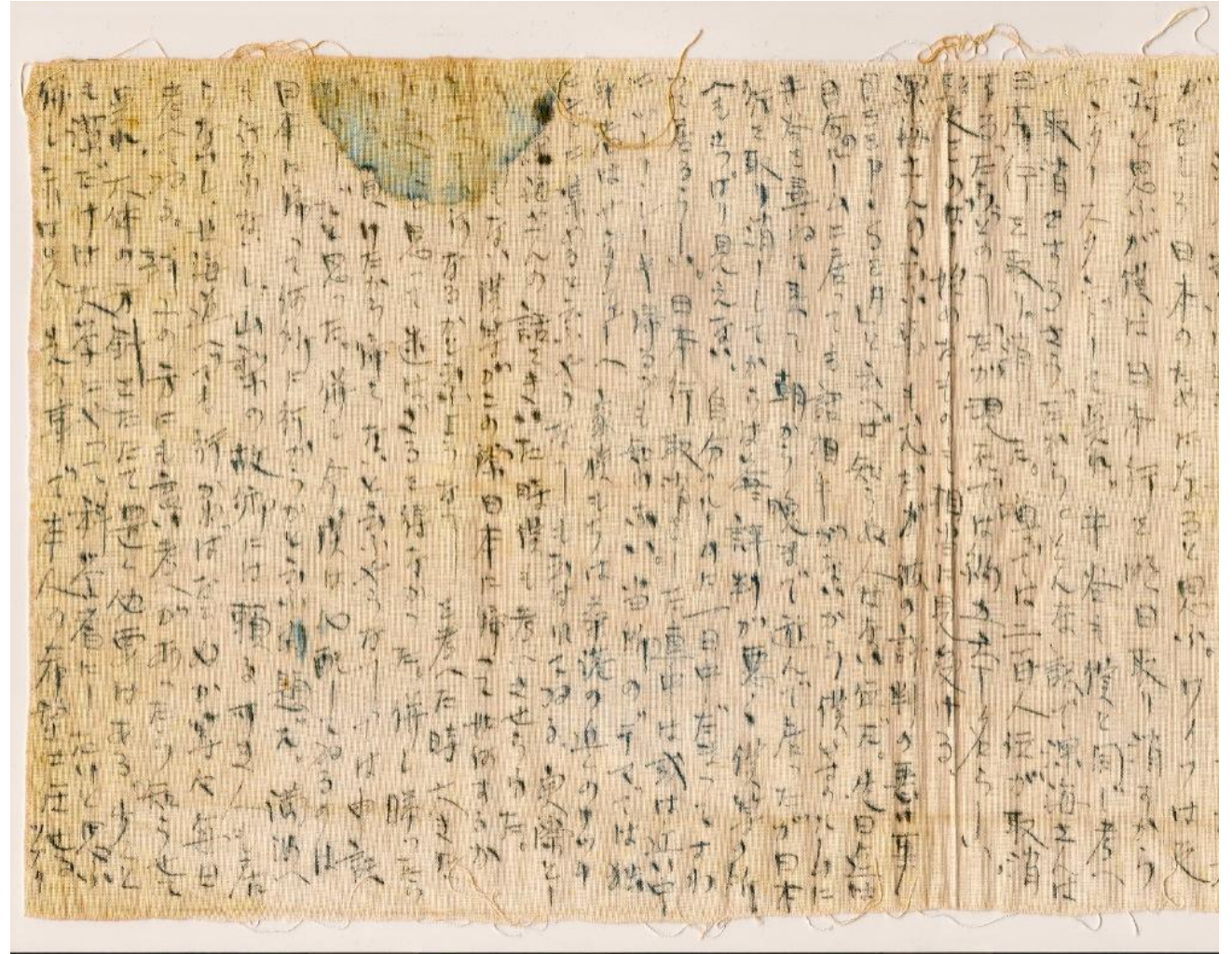


*Heart Mountain stones, courtesy of Chizu Omori, photo by David Izu, 2019.
From Nancy Ukai's 50 Objects/50 Stories*

Lessons Learned

Stay Connected:

Letter written by Itaru Ina from Bismarck, ND to Shizuko Ina at Tule Lake Segregation Center. (1945)



Lessons Learned

GRATITUDE:

Lessons from Lam
"One Man, One Room"



STUDENTS CANNOT LEARN WHEN TRAUMATIZED

Bring “thriving skills” to your relationship with students:

Caring: model caring for yourself and your students

Connection: make zoom class as intimate as possible

Creativity: beyond “adapting”

Calm: breathe at the beginning and end lesson

Gratitude: express and elicit

What would YOU like to be able to say about yourself once the pandemic has passed?

I was fiercely resourceful. I used the time well.

I learned a lot of new things. My house is cleaner.

I helped somebody.

I'm closer to my children and family. I know myself better.

I can be with myself. I am more grateful for what I have.

Better understanding of what grandparents went through during the depression and incarceration. I've become more introspective.

Understand better what's important to me. Better appreciation for the lives of everyone. *Appreciate Importance of depending on others.*

I did the best that I could

Stay Safe, Stay Connected!

Thank you!

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Unknown
photographer

