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***"SUPPORTING AND SUSTAINING OUR
COLLECTIVE WELL-BEING"***

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Joy Harjo
"Remember."
1983

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Remember the sky that you were born under, know each of the star's stories.

Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the strongest point of time.

Remember sundown and the giving away to night.

Remember your birth, how your mother struggled to give you form and breath. You are evidence of her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are: red earth, black earth, yellow earth, white earth brown earth, we are earth.

Remember the plants, trees, animal life who all have their tribes, their families, their histories, too.

Talk to them, listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows the origin of this universe.

Remember you are all people and all people are you.

Remember you are this universe and this universe is you.

Remember all is in motion, is growing, is you.

Remember language comes from this.

Remember the dance language is, that life is.

Remember.

Mental Breaks, Community Fun, and Favorite Charity



Where's your favorite place to nap?



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Today, we will:

1. Reflect back on the last year.
2. Consider how we will move forward.
3. Interrogate what centering collective well-being entails.

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Coronavirus
Resource Center

COVID-19 Map

Videos & Live Events

Data Center

COVID-19 Basics

From Our Experts

News & Information

FROM OUR EXPERTS

The Unequal Cost of Social Distancing

Stefanie DeLuca, *James Coleman Professor of Sociology & Social Policy*
 Nick Papageorge, *Broadus Mitchell Associate Professor of Economics*
 Emma Kalish, *PhD student in Economics*

March 2020

Social distancing will save lives.(i) Its economic costs are staggering. While frustrating but manageable for many people(ii), the economic fallout of social distancing is brutal for the poorest, most vulnerable and marginalized members of our society. Even looking at the issue purely in terms of lives lost, injuries sustained, and lifelong psychological damage, there are tradeoffs that we feel have not been sufficiently acknowledged.

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“And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, **you won't be the same person** who walked in.”

— Haruki Murakami, *Kafka on the Shore*



It's Not Just You. A Lot Of Us Are Hitting A Pandemic Wall Right Now.

The past few weeks of the coronavirus crisis have been especially taxing on our mental health. Here's why, and some advice on coping.

By Julia Miles

02/04/2021 06:45am EST | Updated March 9, 2021

March 2021



SHUTTERS VIA GETTY IMAGES

The coronavirus pandemic has taken a bigger toll on our psyches in the last few weeks than it has in a while.

“We’re at more risk for burnout because of the circumstances and because of the fact that we’re continually re-traumatized and [reactivating] that cortisol spike.”

- AMY CIRBUS

https://www.huffpost.com/entry/coronavirus-pandemic-wall-mental-health_l_601b3c9dc5b6c0af54d09ccb



What do you wish your phone could do?



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What Makes the Brain Feel Overwhelmed?

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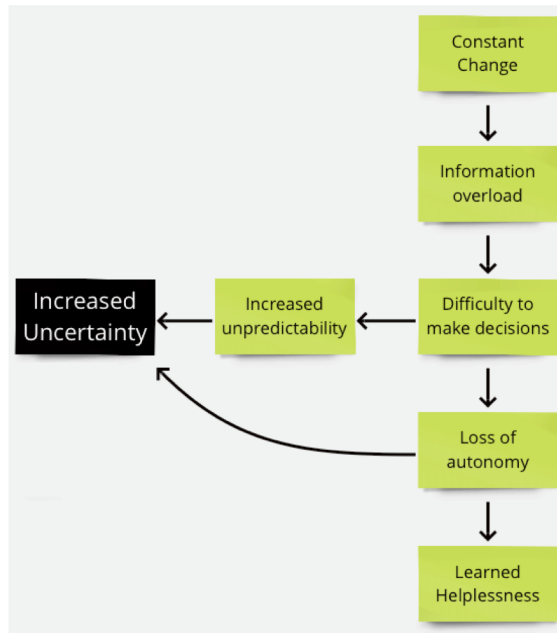
Our Brains Evolved to Connect



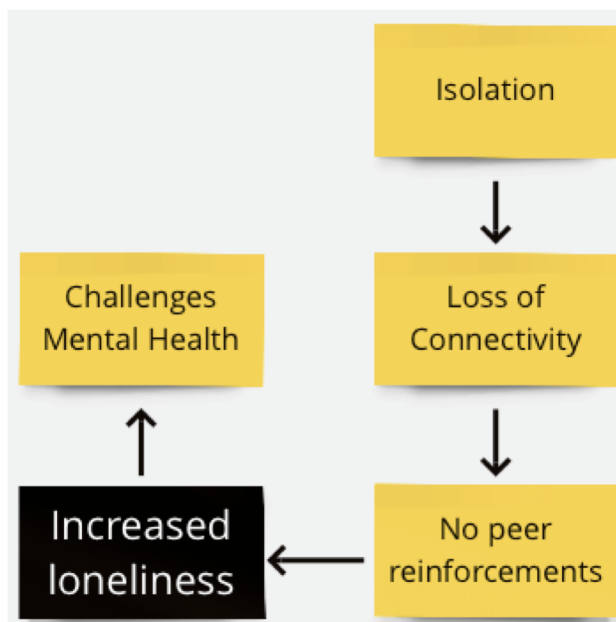
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What Prevents Connection & Integration?

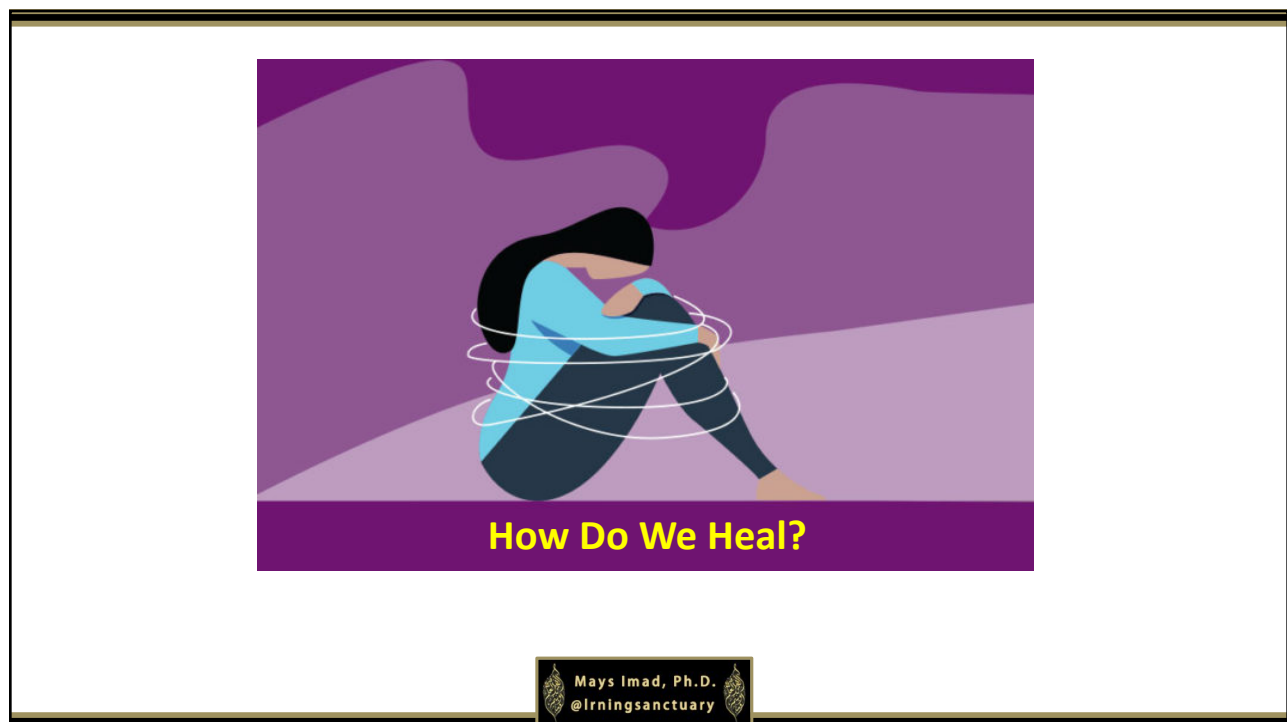
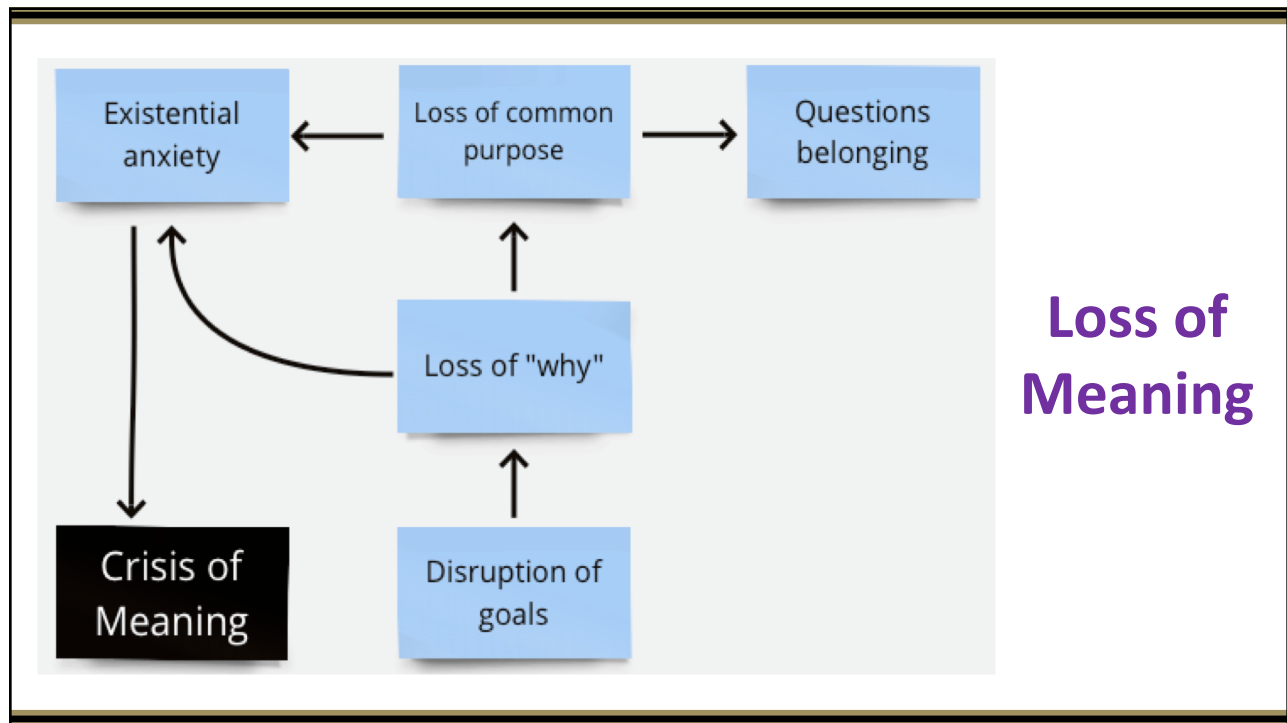
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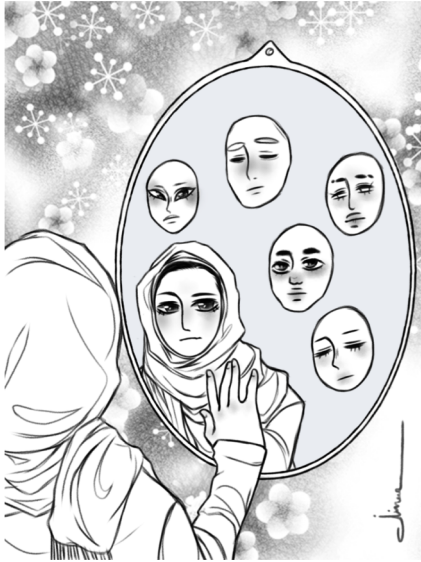


Uncertainty



Loneliness





المرات اخيه

“A person is a mirror to another person”

We are part of an ecology and the unit of assembly is not me or you or them but the **connection between and among us.**

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Healing Through Relationships



**Interdependent Relationships with
the Earth & its Inhabitants**

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Psychology and Psychotherapy: Theory, Research and Practice (2019), 92, 224–237
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Special issue paper

The mind in psychotherapy: An interpersonal neurobiology framework for understanding and cultivating mental health

Daniel J. Siegel* 

Mindsight Institute, Santa Monica, California, USA

In this brief overview, I offer a conceptual approach to the mind that can support whatever clinical, research, public policy, or other approach you may be involved with. It seeks to

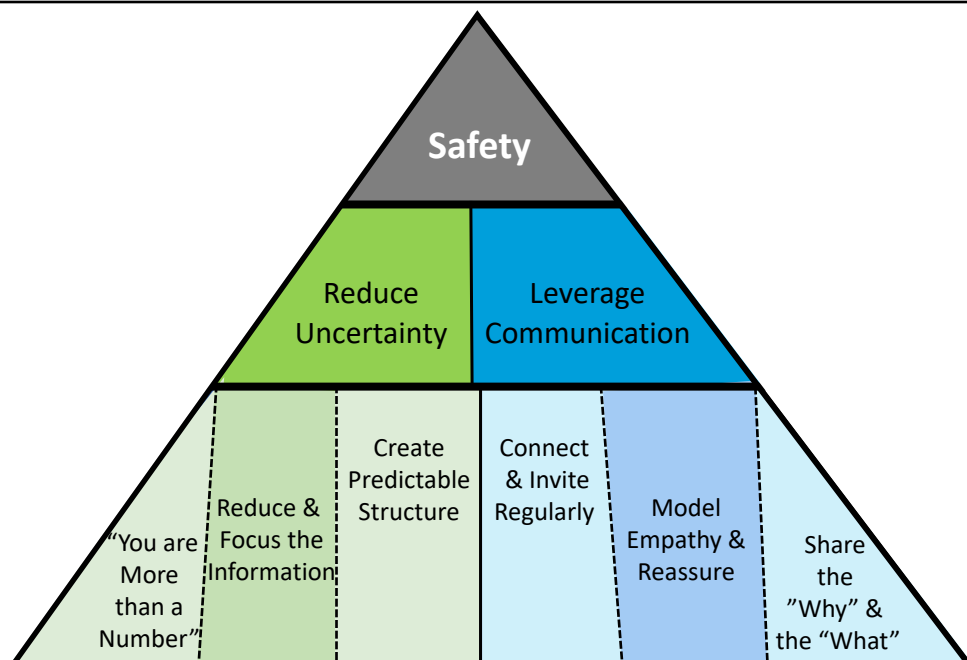
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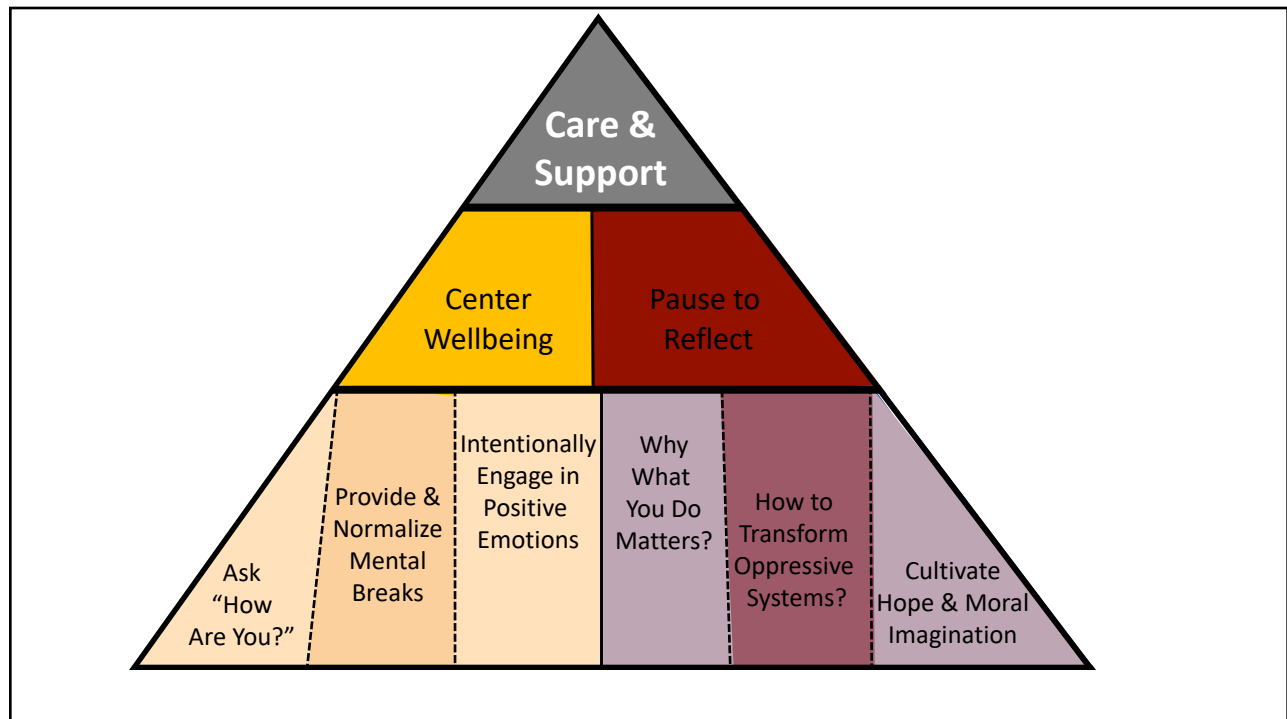
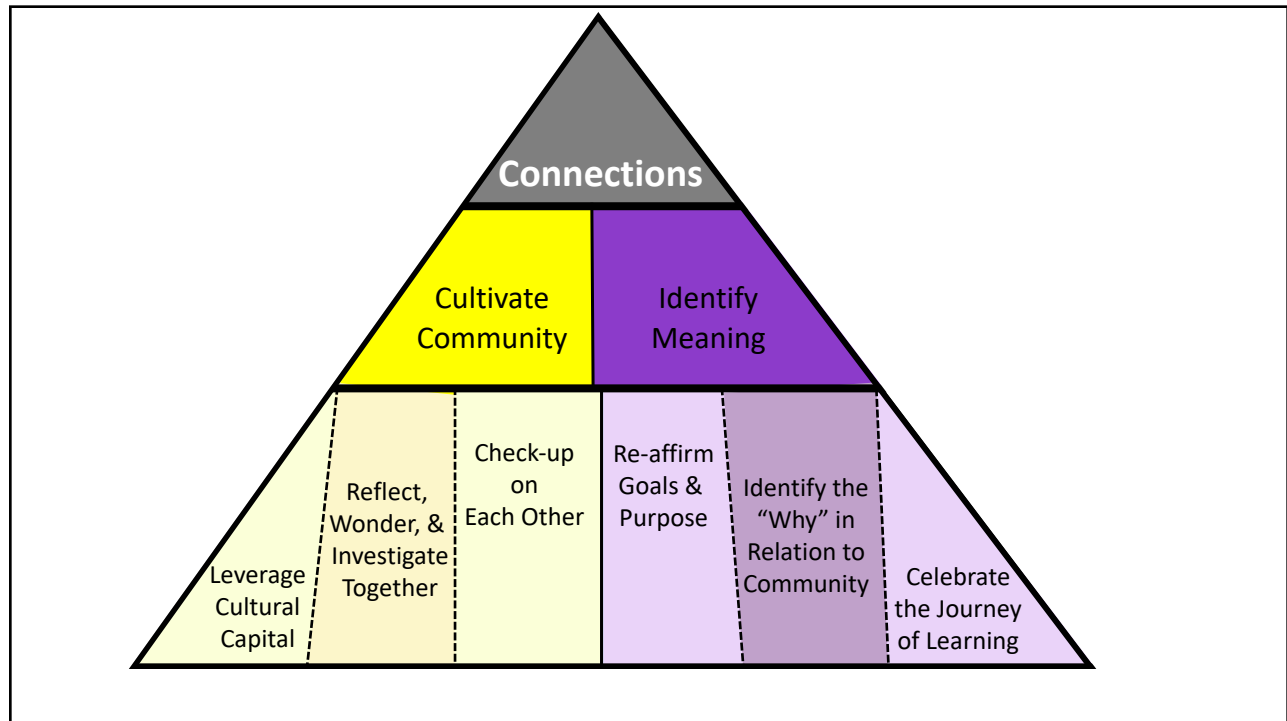
What do you wish was illegal?



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Three preconditions for every human being to thrive in life:
feeling **safe**, experiencing **meaningful connections**, and having **support & resources**.





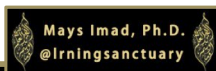
“I live a hope despite my
knowing better”



James Baldwin



How Do We Reignite Our Relationship with Hope?



1. Feel the discontent; allow pain to guide our understanding.
2. Wonder about other, better possibilities.
3. Foster a moral imagination with specific goals.
4. Center the collective. Don't take things personally.
5. Focus on the steps and the process to achieve small tidbits.
6. Do and celebrate the work.

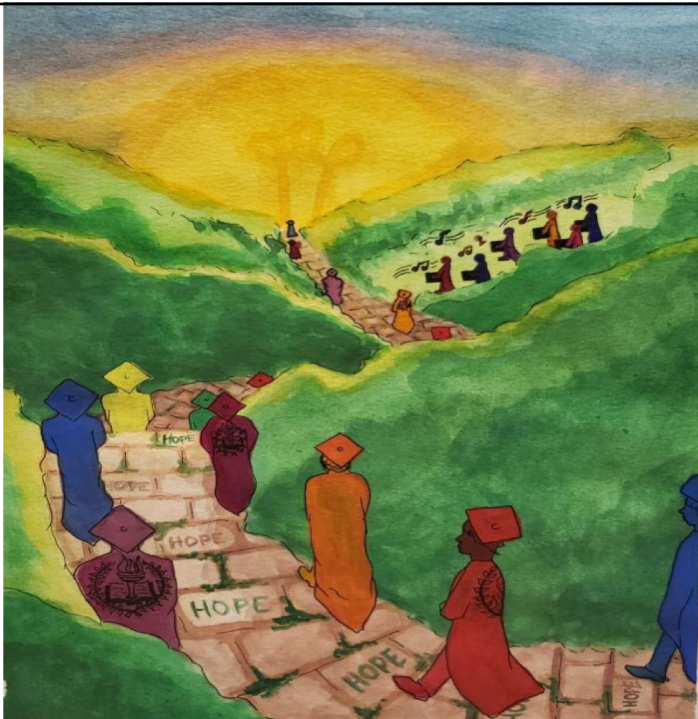


“Hope does not arise from being told to ‘think positively,’ or from hearing an overly rosy forecast ... Hope is the elevating feeling we experience when we see—in the mind’s eye—a path to a better future. Hope acknowledges the significant obstacles and deep pitfalls along the path.”

—*The Anatomy of Hope* (2005) by Jerry Groopman, MD



1. Feel the discontent; allow pain to guide our understanding.
2. Wonder about other possibilities.
3. Foster a moral imagination with specific goals.
4. Center the collective. Don't take things personally.
5. Focus on the steps and the process to achieve small tidbits.
6. Do and celebrate the work.
- 7. Have and be an anchor.**



Come, come, whoever you
are.

Wonderer, worshipper,
lover of leaving.

It doesn't matter.

Ours is not a caravan of
despair.

Come, even if you have
broken your vow

a thousand times

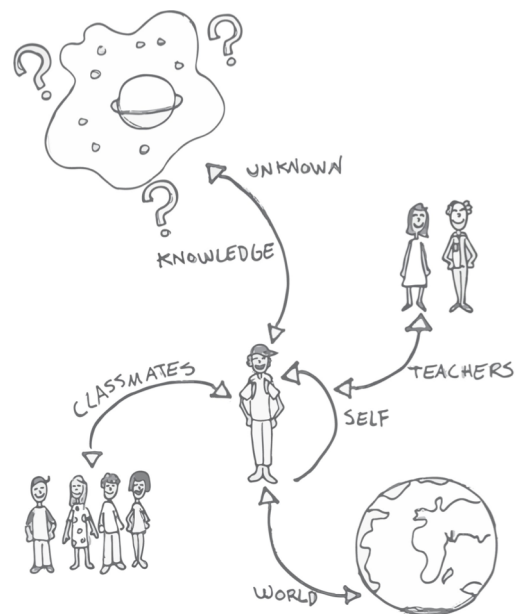
Come, yet again, come,
come.

- Rumi

What's the silliest thing you are pretty good at?



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Drawings by Emil Bubala

We are part of an ecology and the unit of assembly is not me or you or them but the **connection between and among us.**



We are part of an ecology and the unit of assembly is not me or you or them but the connection between and among us and the bonds that maintain those connections are **love and beauty.**



For you, what is the purpose of higher education?

- “To innovate and leave a meaningful impact on my community.”
- “To develop skills that can be useful in helping my community; to give back.”
- “To stand on my own and help my community.”
- “To help myself become a better person so I can help others.”
- “To become a better human being.”



Mays Imad Research with PCC Students, in preparation

Remembrance



So, remind



**Remind your students to seek
beauty and to ...**
**“Let the beauty of what [they]
love be what [they] *do*.”**



The heart has its
own language.
The heart knows a
hundred thousand
ways to speak.
Rumi



Brief Report | Published: 23 March 2021

Be still my heart: Cardiac regulation as a mode of uncertainty reduction

Andrew W. Corcoran , Vaughan G. Macefield & Jakob Hohwy

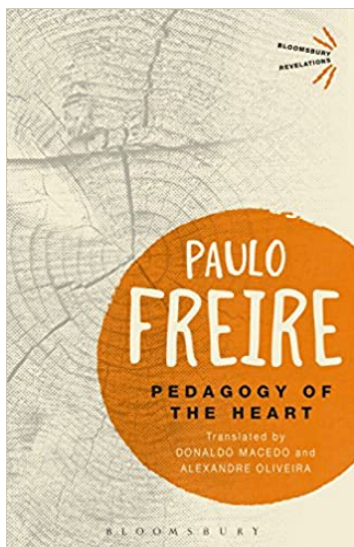
Psychonomic Bulletin & Review (2021) | [Cite this article](#)

24 Accesses | 35 Altmetric | [Metrics](#)

Abstract

Decreased heart rate (HR) and variability (HRV) are well-established correlates of attention;

“We normally think of the heart pumping blood while the brain takes care of perception. [T]he heart & the brain collaborate to better understand the world. When the brain is uncertain, the heart helps out by quietening down.”



How might we enact a pedagogy of the heart and encourage the heart and the brain to connect?

