

NATIONAL EVENTS AND THE PSYCHOLOGICAL WELL-BEING OF ARTISTS



https://www.youtube.com/watch?v=_weuC6FLyJ8

NATIONAL EVENTS AND THE PSYCHOLOGICAL WELL-BEING OF ARTISTS



Nadine J. Kaslow, PhD, ABPP
nkaslow@emory.edu

AGENDA

- Psychological Impact of the Current Context
- Psychological Impact of the Current Context on Artists
- Culture to enhance wellness and resilience
- Culture to enhance wellness and resilience during societal crisis
- Concluding Comments



PSYCHOLOGICAL IMPACT OF THE CURRENT CONTEXT



PANDEMIC

- Served as a major source of stress
 - **8/10 adults (78%)**
- Led to increased stress
 - **2/3 adults (67%)**
 - APA, Stress in America 2020



PANDEMIC

- Exacerbated by societal stressors pervasive in prior years
 - Health care
 - Mass shootings
 - Climate change/global warming
 - Suicide
 - Immigration
 - Widespread sexual harassment/assault reports in the news
 - Opioid/heroin epidemic
 - Politics and the presidential election
 - APA, Stress in America, 2020



PANDEMIC

- Impacted behavior negatively – 49%
 - **Feel bodily tension (21%)**
 - **Snap or get angry quickly (20%)**
 - **Experience unexpected moods swings (20%)**
 - **Scream or yell at a loved one (17%)**
 - APA, Stress in America 2020



PANDEMIC

- Disrupted education and work, relationships, healthcare, and the economy
- Resulted in considerable financial distress, job loss, and uncertainty about one's future and the future of the nation and the world
- Led to devastating trauma, grief, and loss of life
 - **United States - > 563,000**
 - **Worldwide - > 2.96 million**
 - APA, Stress in America 2020



PANDEMIC

- Impacted some groups more than others
 - **Black Indigenous People of Color**
 - **Generation Z: 13-23**
 - Experience elevated stress – more than all other generations
 - Face unprecedented uncertainty and disruption and unrest
 - APA Stress in America, 2020



RACISM

- Increased awareness that systemic racism plagues our nation
- Witnessed massive protests across the US
- Declared racism a public health problem
 - CDC, April 2021



RACISM

- Viewed police violence toward members of the BIPOC community as a significant source of stress in their lives, regardless of race
 - **59% of adults, regardless of race**
 - **Higher percentage than in 2016 (36%)**
- Cited discrimination on a personal level as a major form of stress
 - **One-third of all adults (33%)**
 - **> 2/5 (44%) BIPOC individuals**
 - **Most true for Black Americans**
 - APA, Stress in America, 2020



ECONOMIC CHALLENGES

- Impacted negatively by the economics of the pandemic are people's
 - **Financial stability**
 - **Access to needed resources – unable to pay for basic necessities (food, heat, rent)**
 - **Access to money – used up funds or had to borrow or take loans**
 - **Sustainable development**
 - Commonwealth Fund, 2020; El-Sayed et al., 2020

Americans Are Struggling with the Mental Health and Economic Impact of COVID-19

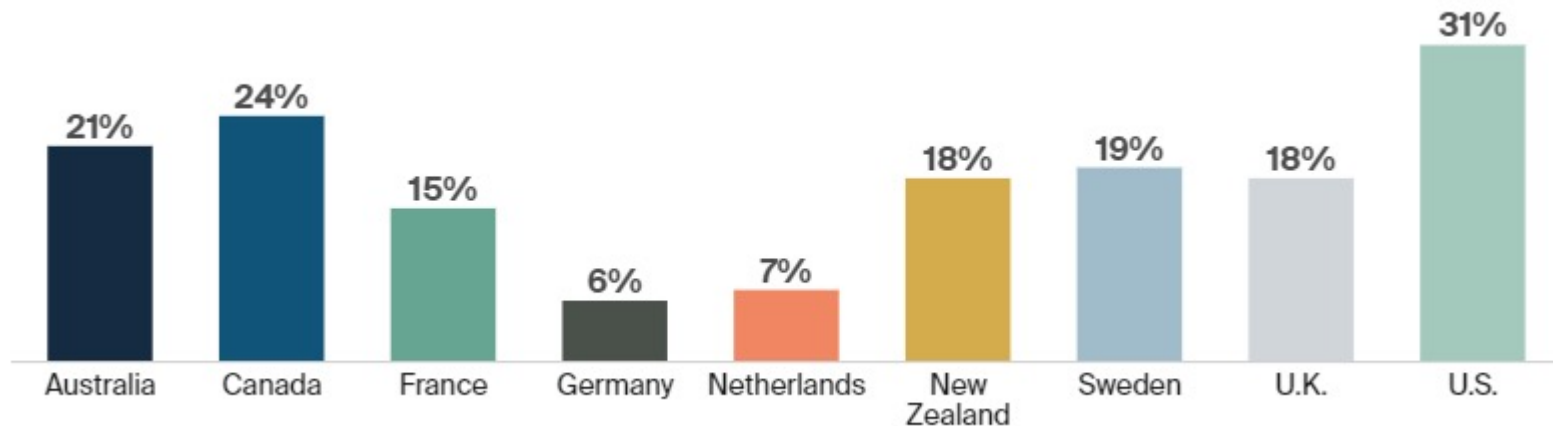


Illustration by Rose Wong



ECONOMIC CHALLENGES

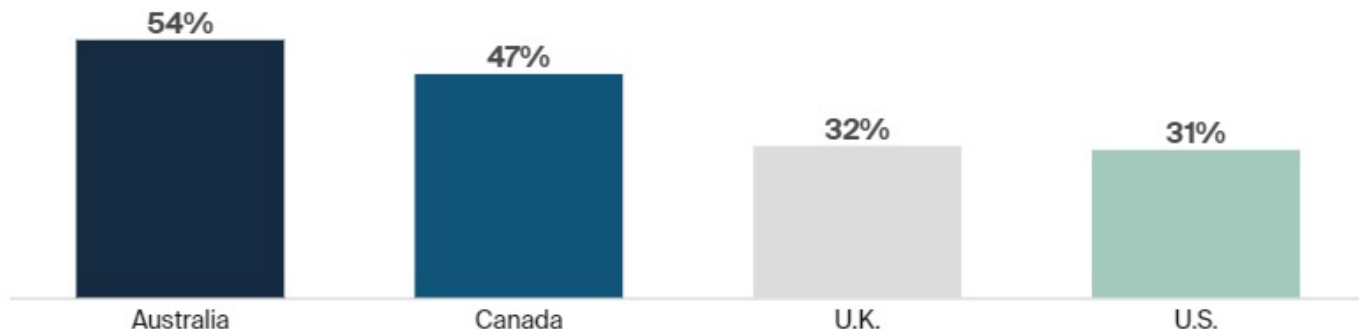
- Found more Americans (30%) than people in comparison countries faced negative economic consequences associated with the pandemic
 - Commonwealth Fund, 2020



ECONOMIC CHALLENGES

- Resulted in
 - **More psychological distress**
 - **Lower levels of self-sufficiency**
 - **Lower quality of life**
- Had less access to mental health resources than in comparison countries
 - Commonwealth Fund, 2020' El-Sayed et al., 2020

Among those who needed and wanted to get care, percent able to get help from a professional when needed:*



PSYCHOLOGICAL WELL-BEING

- Found declines in mental health
 - **1/5 adults (19%) say their mental health is worse than in the prior year**
 - **Undesired weight changes – 42%**
 - **Sleep problems – 67%**
 - **Worst for Generation Z (34%) – depressed/unhappy/miserable, unmotivated, restless, concentration problems, lonely**
 - APA, Stress in America, 2020; 2021



PSYCHOLOGICAL WELL-BEING

- Poll Question: During the pandemic, have your dominant emotions been
 - Positive
 - Negative
 - Mixed



PSYCHOLOGICAL IMPACT OF THE CURRENT CONTEXT ON ARTISTS



PANDEMIC

- Concerned about survival of the arts and artists

Culture in crisis: Arts fighting to survive COVID-19 impact

The culture sector, which employs more than 30 million people globally, has been hit much harder than expected by the coronavirus pandemic and its fallout, the UN Educational, Scientific and Cultural Organization (UNESCO) has said, urging targeted policies and actions to help it weather the crisis.



PANDEMIC

- Found that losing a year and being sidelined from one's art is brutal PSYCHOLOGICALLY
 - **Distressed career put on hold and unclear when will be off hold (safety reasons, limited opportunities as things open up)**
 - **Concerned about effects of being sidelined (e.g., lost skills, strength, power)**
 - **Challenged to stay motivated and engaged**
 - **Concerned about clock that keeps ticking**
 - **Worried don't know when can perform again or won't have jobs**



PANDEMIC

- Concerned about safety
 - Practice and perform in same space
 - Sing in choirs
 - Make music with wind instruments
 - Be around crowds
- Stressed by countless decisions to make to ensure safety and balance that with program requirements and solvency
 - Kahler & Hain, 2020



PANDEMIC

- Highlighted increasing forms of inequality among young artists (Generation Z), which will impact them for years to come
 - Howard et al., 2021



PANDEMIC

- Experienced the countless ways in which the arts and culture have helped us cope with the crisis

“ Culture has helped us out of the crisis. Now we have to help culture and support the diversity to which culture owes its strength

– *UNESCO chief Audrey Azoulay* ”



PANDEMIC

- Poll Question: During the pandemic, on the balance have the arts predominantly been
 - Helped or valued
 - Hurt or devalued
 - Equal balance between the two



RACISM

- Underscored how systemic racism shapes our access to art
- Acknowledged that a lack of opportunity for non-white artists and an undervaluing of their art in all its forms are pervasive problems in the US
 - **85% of artists represented on US gallery walls (2019)**
 - **BIPOC actors were cast for one in three roles in the 2016-2017 New York theater season**
 - **~13% of plays produced were written by non-White writers and ~13% were directed by non-White directors**

ARTS

Systemic racism is shaping our access to art. How East Coast art institutions strive for change

Rebecca King, Adria R. Walker, Marina Affo and Micaela Hood NorthJersey.com

Published 5:00 a.m. ET Oct. 22, 2020 | Updated 10:53 a.m. ET Oct. 27, 2020



RACISM

- Brought attention to the ways in which the arts community perpetuates racism



RACISM

- Saying “ballet is the foundation of *all* dance.”
- Refusing to cast someone in a role because of their race.
- Saying someone doesn’t have a “ballet body” because their body doesn’t fit the image of the thin ballerina
- requiring women of color to wear pink tights
- insisting black women “tame” their natural hair
- The production of pointe shoe colors were limited to pink/nude until 2018, when a variety of skin tones began arriving on the market
- Allowing a majority of cis white males to dominate the choreography and leadership roles
- Asking Black and Brown dancers to “be a little more urban/street” (and more broadly, wanting POC dancers to fit within stereotypes).
- Not teaching the history of jazz, tap, hip hop, belly dancing, and more.
- Making the assumption that all black and POC people who enter a studio are there to take hip hop
- Not recognizing the intersections of race and class or the implications that Black and Brown families have barriers to generating wealth
 - not all families can afford equipment, travel, formal dance classes, tickets, etc
- Funding/Granting/Producing/Promoting dancers, choreographers, and companies that engage in cultural appropriation.
- Using the one Black or Brown person on your poster or recruitment literature, using them as your diversity token dancer

By Alicia Mullikin



RACISM

- Recognized the ways in which the arts community can confront racism



ECONOMIC CHALLENGES

- Impacted artists
 - Lost income from creative (e.g., performing, touring, selling work) and non-creative (often to supplement their creative work) work, suffer a double hit to their financial well being – also true for college/university students in the arts
 - Find selves ineligible for various financial supports
 - Worried about job security short-term and longer term (e.g., ongoing pandemic cancellations)
 - Brunt & Nelligan, 2020; Ciurczak, 2020; Rosset et al., 2020

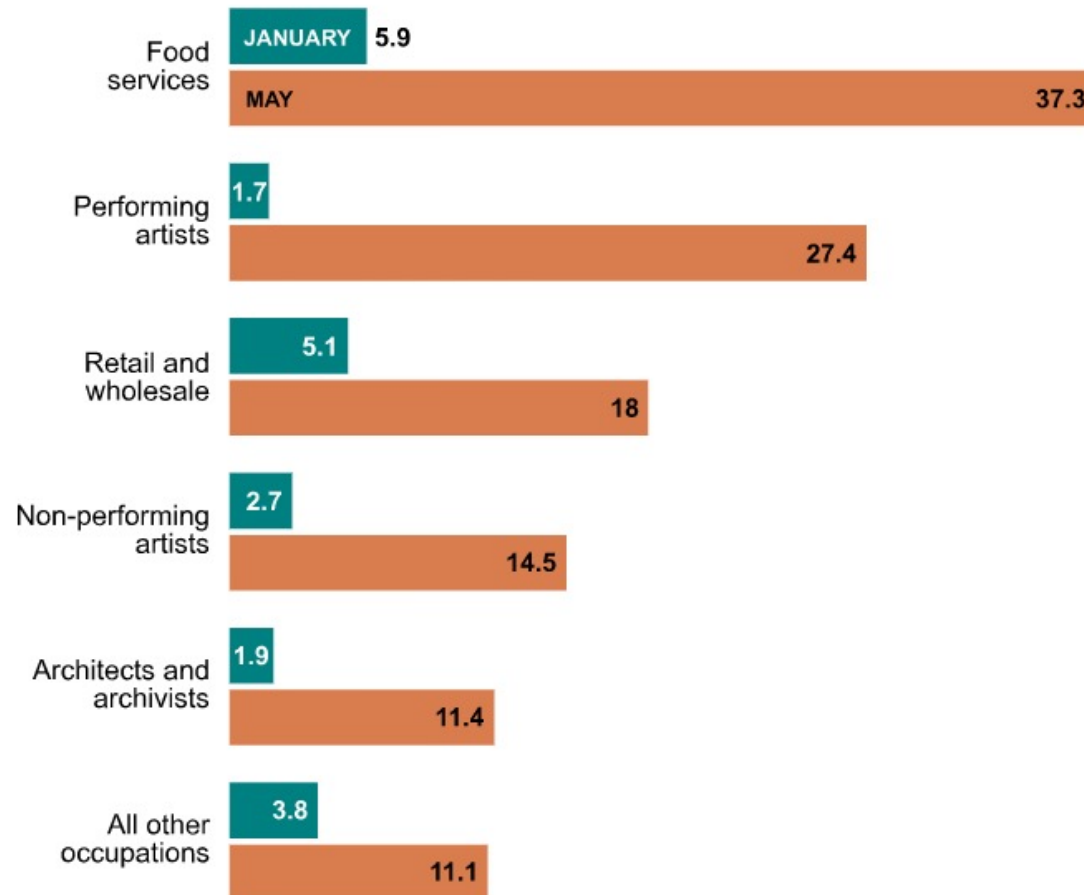


Theater Educators Struggle to Keep Shows Going Amid COVID-19



ECONOMIC CHALLENGES

Figure 1: Unemployment Rates in Arts and Artist-Heavy Occupations, January 2020 versus May 2020



ECONOMIC CHALLENGES

Empty classrooms, studios and stages: In the covid-19 era, an arts education requires an even greater leap of faith



Justin Phillips, an incoming freshman at Boston Conservatory at Berklee, at his parent's home in Somerset, N.J., where he will remain for remote learning this fall. (Christopher Gregory for The Washington Post)



ECONOMIC CHALLENGES

- Impacted arts programs
 - Experienced/fear budget cuts for college/university departments in music, theater, art and design, and dance
- Resulted in arts and performing arts faculty and administrators in some institutions of higher learning feeling unsupported and devalued by colleagues

N.J. university axes music program in coronavirus budget crunch

Posted May 26, 2020

*Colleges Slash Budgets in the Pandemic,
With 'Nothing Off-Limits'*



ECONOMIC CHALLENGES

- Impacted arts organizations
 - **Faced significant financial losses**
 - **Forced to dip into financial reserves – stop gaps**
 - **Required to make challenging decisions related to lay-offs, salaries, activities, and closings**
 - **Find themselves barely scraping by**
 - **Forced to rethink activities and audiences and shift to digital events and programming**
 - **Placed unprecedented strain on industries that already place people at risk for mental health problems**
 - Brunt & Nelligan, 2020; Ciurczak, 2020; Rosset et al., 2020



ECONOMIC CHALLENGES

- Impacted audiences
 - **Distressed but understand the loss of the arts as they know it**
 - **Have appreciated novel and creative arts' presentations**
 - **Concerned about the return to a new normal given worries about safety**
 - **Struggled to offer as much financial support given own finances**
 - Ciurczak, 2020

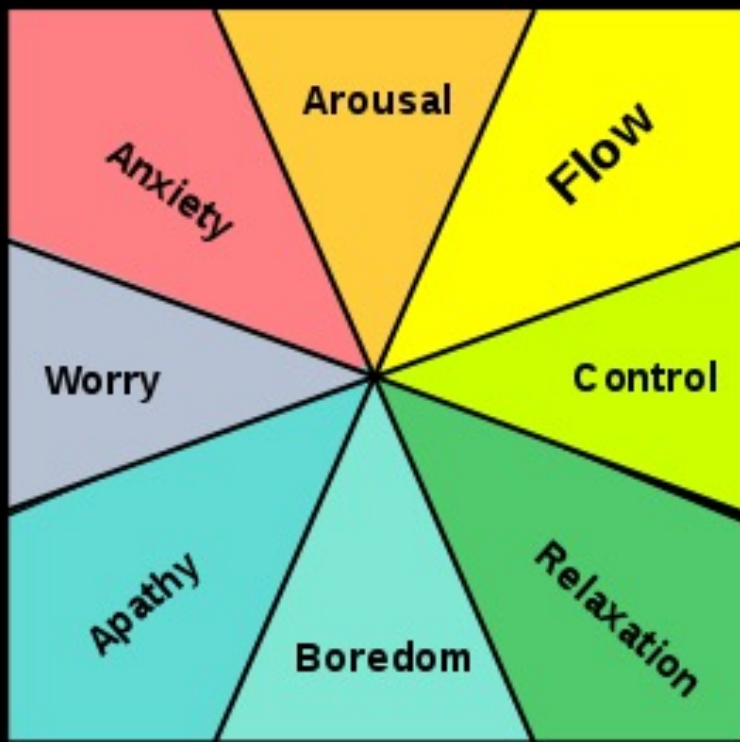
The Pandemic's Impact on Artists and the Arts Ecosystem

By Peter Ciurczak

B O S T O N
I N D I C A T O R S



PSYCHOLOGICAL WELL-BEING



- Decreased practicing hours
- More distressing thoughts
- Increased negative and reduced positive emotions
- Lowered levels of “flow” – state of mind that brings together cognitive, physiological and affects aspects and corresponds to an optimal psychophysical state
 - Habe et al., 2021; Rosset et al., 2020



PSYCHOLOGICAL WELL-BEING

- Complicated work-life synergy



PSYCHOLOGICAL WELL-BEING

- Led to considerable burnout

Burning Out



Professors say faculty burnout is always a real threat, but especially now, and that institutions should act before it's too late.

By **Colleen Flaherty** // September 14, 2020



PSYCHOLOGICAL WELL-BEING

- Poll Question: Compared to prior years, are you personally
 - **More burned out**
 - **Experiencing the same level of burnout**
 - **Less burned out**



PSYCHOLOGICAL WELL-BEING

- Demonstrated resilience
- Were practical
- Experienced life beyond their art
- Grew personally and professionally
- Appreciated the time to be both consumers and producers of their art form
- Relished the pause

The New York Times

By Gia Kourlas

March 10, 2021

Ballet Is Hard Enough. What Happens When You Lose a Year?

An elite male principal. A veteran ballerina. A rising apprentice. Three dancers talk about life and work during the pandemic.



CULTURE TO ENHANCE WELLNESS AND RESILIENCE



CULTURE

- Ensure a value driven culture, that includes values such as
 - **Psychological health and well-being**
 - **Self-care**
 - **Compassion**
 - **Cultural responsiveness**



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Create and sustain a culture that
 - Is healthy psychologically and physically
 - Is age appropriate and developmentally minded
 - Supports and empowers students to grow, explore, and thrive
 - Supports and empowers faculty and administrators to grow, explore, and thrive



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Create and sustain a culture that
 - **Emphasizes overall wellness**
 - May involve a health and wellness course and/or more ongoing conversation in classes, studios, rehearsals, advising meetings, mentoring relationships
 - **Provides support**
 - **Encourages and empowers people to**
 - Be their authentic selves
 - Voice their needs and perspectives
 - Partner in creating solutions
 - APA Stress in America, 2020' Mosley, 2020



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Create and sustain a culture that
 - **Considers what requirements are necessary and where students, faculty, and administrators may be overburdened leading to more mental health difficulties and burnout**
 - **Is more flexible**
 - **Finds ways to be humanistic and connected, even in virtual and digital spaces**
 - APA Stress in America, 2020' Mosley, 2020



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Be attuned to the impact of the societal challenges on people's psychological functioning
- Notice and take seriously a range of symptoms
- Talk directly to students and colleagues about concerns in a compassionate and timely manner
 - Sternbach, 1993

The Pandemic Is a Disaster for Artists



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Encourage people to seek mental health services if emotionally overwhelmed, burned out, or struggling to cope effectively
- Facilitate access to services
 - **Connect people to resources in the university or local area**
 - **Recommend free or low costs services specific to the arts community**
- Form linkages with mental health professionals who work specifically with artists, like related to performance psychology, or with common challenges (e.g., eating disorders)
- Advocate for funding for mental health services within colleges/universities or with health plans



PSYCHOLOGICAL HEALTH AND WELL-BEING

- Note that despite predictions, college counseling center use dropped during the pandemic, despite gradual increases in prior years due to anxiety, depression, and family and academic distress
 - **Unclear if people are getting assistance elsewhere or struggling and not getting necessary psychological services**
 - **Concerning given that distress students are experiencing, particularly those with marginalized identities**
 - Center for Collegiate Mental Health, February 2021; Xiao et al., 2017



PSYCHOLOGICAL HEALTH AND WELL-BEING

- COVID-19
 - No data on rates of counseling center use for students in the arts versus other majors
 - One report found that arts, humanities, communication, and design majors have more undergraduate and graduate students with major depressive disorder and generalized anxiety disorder than other fields of study



PSYCHOLOGICAL HEALTH AND WELL-BEING

- COVID-19: Undergraduate data

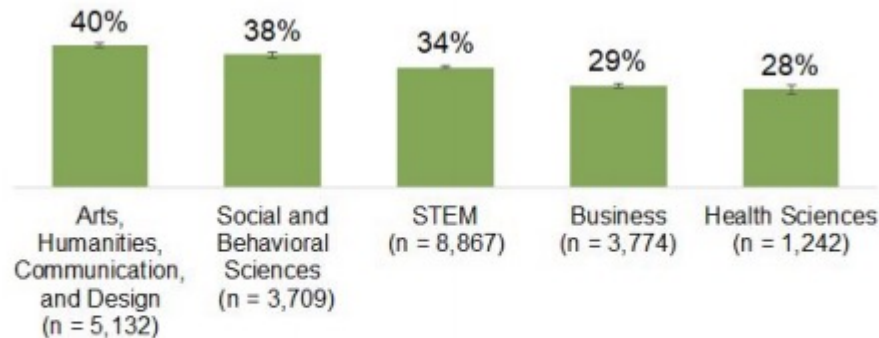


Figure 5. Undergraduate students who screened positive for **major depressive disorder**, by broad field of study.

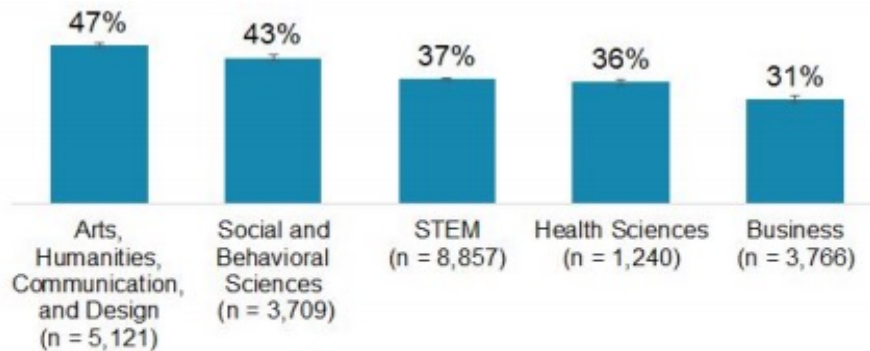


Figure 6. Undergraduate students who screened positive for **generalized anxiety disorder**, by broad field of study.



SELF-CARE

- Encourage and support self- care
 - **Have a self-care routine to facilitate coping with life challenges**
 - **Include different ways to relax and de-stress**
 - **Free mind – mediate or journal**
 - **Make time for self each day - 15–30-minute increments throughout the day**
 - APA, Stress in America 2020; Penniment & Egan, 2011; Radell et al., 2017



SELF-CARE

- Highlight value of mindfulness - being conscious or aware of something, being present in the moment) for emotional stability and calmness, optimal performance, injury prevention, and creativity
- Use of regular mindfulness practice, which may involve apps (e.g., CALM; Headspace; Stop, Breathe, and Think)
- Incorporate mindfulness phrases specific to the discipline



COMPASSION

- Bolster self-confidence and reduce shame
 - **Self-reflect accurately and with compassion/kindness**
 - **Avoid comparisons unless to self**
 - **Strive for excellence rather than perfection**
 - **Accept strengths and challenges and make decisions accordingly**
 - **Define own success**
 - **Control what can and accept what can't control (radical acceptance)**
 - Barrell & Terry, 2004; Buckroyd, 2001; Eusanio et al., 2014; Fish et al., 2004; Garcia-Dantas & Quested, 2015; Gordon & Gruzelier, 2003; Monsma & Overby, 2004; Pavlik & Nordin-Bates, 2016; Thomas & Jaque, 2018; Walker & Nordin-Bates, 2010



COMPASSION

- Encourage kindness toward self and acceptance of limitations
 - **Appreciate that imperfections are connected to the experience of imperfection shared by all humanity**
- Be attuned to and tolerate uncomfortable emotions
- Link self-compassion to resilience and psychological well-being
 - Albertson et al., 2015; Bluth & Neff, 2018; Kelly & Carter, 2014; Neff 2017



COMPASSION

- Encourage daily reflection on three good things that happened, large or small
- Acknowledge this is a completely new situation that no one was prepared for and thus feelings of uncertainty are understandable
- Encourage everyone to do their best, but give people space when they don't have energy or motivation
- Allow people to tap in and tap out as needed
 - APA, Stress in America 2020



COMPASSION

- Prioritize feedback aimed at building confidence and self-efficacy
 - **Give ongoing and accurate corrective feedback in multiple ways**
 - **Give praise as well as constructive input**
 - **Encourage graceful acceptance of feedback**
 - Buckroyd, 2001; Fish et al., 2004; Gordon & Gruzelier, 2003; Monsma & Overby, 2004; Pavlik & Nordin-Bates, 2016; Walker & Nordin-Bates, 2010



CULTURAL RESPONSIVENESS

- Establish a culturally responsive culture
 - **Prioritize inclusive policies in training and hiring**
 - **Have diverse role models**
 - **Strive to have program model the demographics of the community**
 - **Engage in community outreach to increase the diversity of the pipeline**

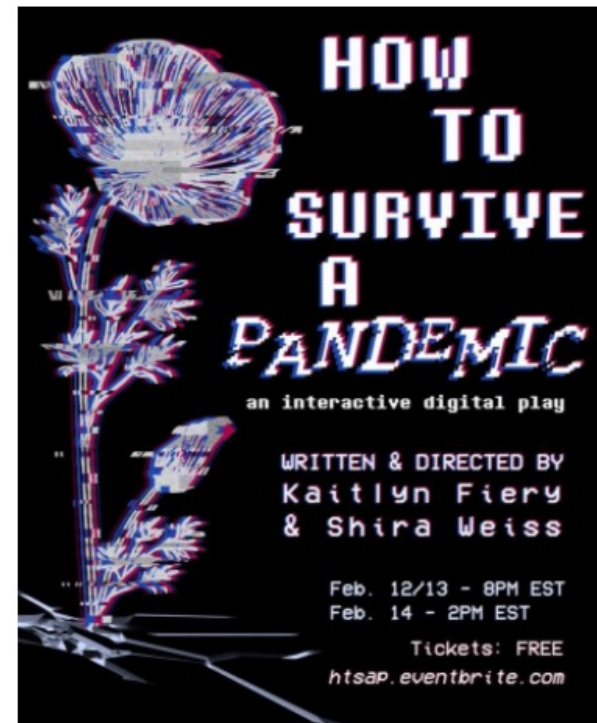


CULTURE TO ENHANCE WELLNESS AND RESILIENCE DURING SOCIETAL CRISIS



CULTURE

- Ensure a value driven culture, that includes values such as
 - Open dialogue
 - Hope
 - Connections
 - Creativity and innovation
 - Anti-racism



OPEN DIALOGUE

- Create space for discussion about societal challenges of concern
- Support conversations in which people acknowledge their grief and loss and discuss ways to adapt to the new normal
- Examine feelings about virtual curriculum, hybrid curriculum, remote performances/showings, life performances without audiences
 - APA, Stress in America 2020



OPEN DIALOGUE

- Hold conversations regarding navigating values conflicts
 - **Work life separation vs balance vs synergy**
 - **Commerce of art (and need to make money) vs ideal of art for art's sake**
 - **Joy in engaging in the craft vs joy in sharing craft live with others**
 - **Do things the way they have always been done vs question things have always taken for granted and make changes**



HOPE

- Help members of the community envision a post-pandemic future
- Provide opportunities for people to see a pathway forward
- Highlight opportunities people may not have considered before
 - **Music therapy has been shown to be invaluable for youth, adults, older adults and special populations (healthcare workers) during the pandemic**
- Create traditions that celebrate milestones in new ways
 - Brutn & Nelligan, 2020; Giordano et al., 2020; Mastnak, 2020; Molyneux et al., 2020



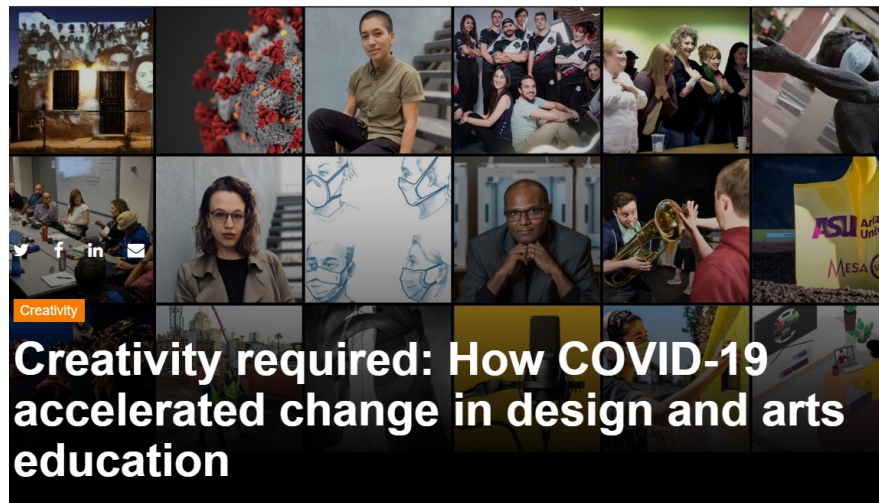
CONNECTIONS

- Create meaningful opportunities for connections with
 - **Family**
 - **Peers**
 - **Culture**
 - **Community**
- Find creative and safe ways to support socialization
 - APA, Stress in America 2020



CREATIVITY AND INNOVATION

- Use new ways to support creative expression, enhance meaning in the lives of artists, and bring the arts to the public
 - Online live performances
 - Virtual museums
 - New technologies (e.g., online digital photography)
 - Rendell, 2020



CREATIVITY AND INNOVATION

- Share craft with others to
 - Help people feel better
 - Give to the community
 - Reduce feelings of helplessness and hopelessness and sense of isolation

CORONAVIRUS

COVID cannot stop Atlanta Ballet

With creativity, ingenuity, and grit, the Atlanta Ballet is using virtual technology and innovative training to keep its momentum thriving despite COVID-19 setbacks

How Three Women Produced a Ballet Gala in a Pandemic

A Night at the Ballet, streaming tonight on YouTube, required strict health guidelines, COVID bubbles, and rotating dressing rooms.



Atlanta Opera finds ways to perform during pandemic by using plexiglass dividers, other COVID precautions

Despite the pandemic, The Atlanta Opera moved quickly with innovation and capturing the value of virtual technology to gain worldwide recognition.



CREATIVITY AND INNOVATION

- Highlight the impact of the pandemic on vulnerable groups (e.g., US prisoners) through the arts



ANTI-RACISM

- Poll Question: How effective and systematic are your organization/department/program efforts to actively address structural racism, oppression, and bias as relevant to your art(s)
 - **Very effective**
 - **Somewhat effective**
 - **Not at all effective**



ANTI-RACISM

- **Make a commitment to anti-racism**
 - **Review resources, including those in the arts**
 - **Refocus teaching methods to affirm and celebrate the diversity of people's experiences and cultures**
 - **Engage actively in anti-racist efforts to make progress toward equitable communities across the arts – do not be complacent**
 - **Acknowledge the ways in which racism permeates the arts**
 - **Remember, the process will be challenging and take time, but current and future artists deserve better than the current racist structures**
 - Gottschild, 1998; Kraehe et al., 2018; McCarthy-Brown, 2017; Mullikin, 2020



ANTI-RACISM

- Encourage everyone in the community to confront racism and implicit bias
 - **Use voice - speak from own perspective exclusively and express how you feel**
 - **Use art to speak truth to power**
 - **Find a place where voice is valued**
 - **Find allies and be an ally**
 - Mosley, 2020 Spears, 2020



How Dance Students Can Confront Racism and Implicit Bias in the Studio

Courtney Celeste Spears | Jun 10, 2020



ANTI-RACISM

- Protect own mental health as confront racism and implicit bias
 - **Be sensitive to the impact of the racial/ethnic trauma in everyday life compounded by the practices of the arts community on BIPOC artists and the psychological effects of confronting racism and implicit bias**
 - Stress and anxiety
 - Lower self-esteem
 - Problems with practice, productivity, performance
 - Mental health difficulties
 - Mosley, 2020; Turner, 2019



ANTI-RACISM

- Move from microaggressions to microprogressions
 - Engage in self-reflection
 - Be aware of stereotypes
 - Mitigate bias in choices of what to perform/display and who will perform/have their work displayed
 - Encourage diverse people to create and develop their personal voices
 - Wakamatsu, 2020



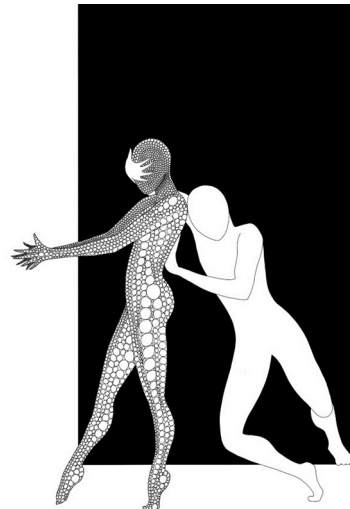
ANTI-RACISM

- Move from microaggressions to microprogressions
 - **Be intentional about small, regular, and common acts or experiences that serve to challenge and/or dismantle bias, stereotypes, discrimination, and oppression**
 - **Use the classroom and performance space to pursue microprogressions and challenge microaggressions**
 - **Infuse classrooms and performance spaces with compassion, connection, and anti-racism through daily, deliberate microaffirmations**
 - Strunk et al., 2017; Wakamatsu, 2020



ANTI-RACISM

- Hold multicultural arts events in a safe manner
- Call for changes at the top due to lack of diversity in leadership
- Stand in solidarity with protestors across the nation committed to breaking the systems that create and maintain racism, oppression, bigotry and inequity
 - King et al., 2020



@nalishasthella



ANTI-RACISM

- Create and display work honoring Black victims of police brutality and emerging icons



Amy Sherald's Breonna Taylor Portrait Bought by Museums

George Floyd Gets a Mural in Houston

Amanda Gorman Portrait Donated to Harvard

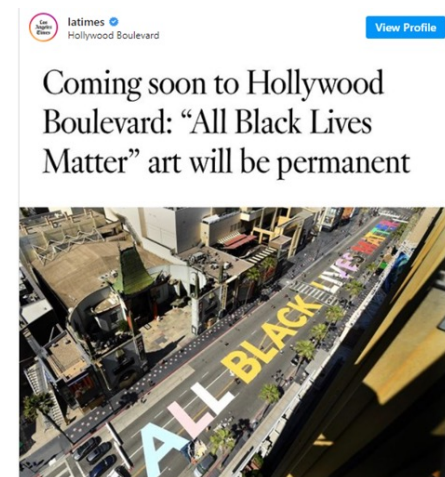


How Is the Art World Responding to the Black Lives Matter Movement Now?



ANTI-RACISM

- Create spaces (e.g., murals, sculptors) devoted to specific communities (e.g., Black queer community and transgender people of color)
- Develop unique collector edition puzzles, with proceeds going to relevant charities
- Paint covers for magazines



How Is the Art World Responding to
the Black Lives Matter Movement
Now?



ANTI-RACISM

- Show support for the BLM Movement (e.g., Banksy, Museums)



Museums Speak Out...

As the protests raged throughout the country, many museums started issuing statement in support of the Black Lives Matter movement. Here are some of the statements:

April 8, 2021

Widewalls Editorial



ANTI-RACISM

Black Lives Matter ranked most influential in art in 2020

British magazine ArtReview's annual "Power 100" ranking names the most influential people in art. In 2020, a movement made it to the top: Black Lives Matter.



CONCLUDING COMMENTS



CONCLUDING COMMENTS

- Be guided by your values and the values of your organization/program/institution
- Emphasize activities that bring a sense of meaning and purpose in your life and the lives of your students and colleagues
- Be proactive and innovative in supporting creativity and well-being



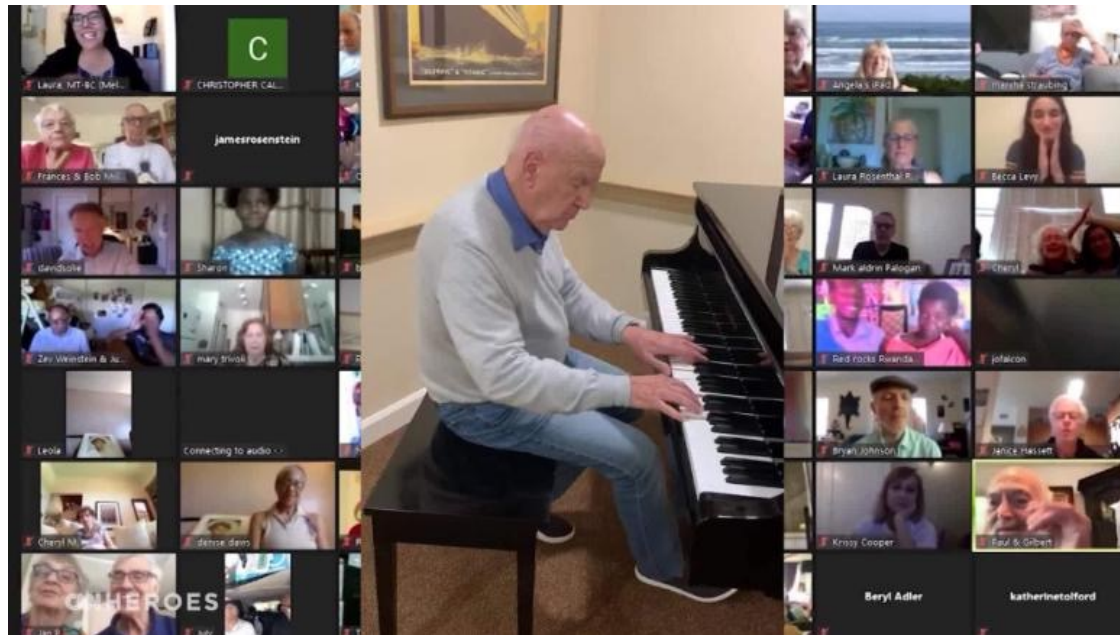
CONCLUDING COMMENTS

- Make an intentional commitment to anti-racism through the use of microprogressions, which empower people with multidimensional social identities, strong voices, creative capacity, and leadership skills
 - Brunt & Nelligan, 2020; Wakamatsu, 2020



CONCLUDING COMMENTS

- Use this as an opportunity to showcase the arts and their connecting and healing value



CNN Heroes: Music Mends Minds



CONCLUDING COMMENTS

- Recognize that we are facing a national mental health crisis that could yield serious health and social consequences for years to come, especially among vulnerable groups such as artists and arts educators and administrators
- Act NOW to help those who need it and prevent a more serious and widespread mental health crisis



Brené Brown

“

We will not go back to normal. **Normal never was.** Our pre-corona existence was not normal other than we **normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack.** We should not long to return, my friends. We are being given the opportunity to **stitch a new garment.** One that fits all of humanity and nature.

MOVING
FORWARD
TO A NEW
NORMAL





QUESTIONS

