

Readiness

Many people are encountering the past few days' headlines as a first step on what feels like a very steep learning curve to catch up with what is happening. On the other hand, some people have been steeped in news of COVID-19 for weeks or months and feel oversaturated. And between these two extremes lies a vast continuum from experiencing the shock of news for the first time from feeling fatigue of too much information for too long. You may find yourself going back and forth on this continuum, which is very normal and understandable. We are all at various phases of readiness, so the other people you talk to will also be at different points on this continuum. We have been hearing a lot about whether people are over-reacting or under-reacting; this sometimes comes with some judgement. It is probably true that most people are simply reacting the best they can, just like you. Judging yourself or others for their reactions may take away energy we can use in more productive and supportive ways.

As you encounter news, whether by TV, social media, websites or email, please consider these factors:

- Are you in a mental and emotional state to encounter more information? If not, please pause first, then proceed when you are ready.
- Is the information source trustworthy? If not, please consider whether or not to pay attention. Your attention and energy are precious resources, especially in uncertain times. Save your attention, time and energy for honest and valid information sources.
- How much information do you need at any given time? Take in what you need, then please pause and digest what you have learned. Sometimes, just like other forms of consuming, we need to remember to check in to our bodies, minds and beings to see how much is enough and how much is too much.
- Please find ways to self-soothe and comfort as you work through the information you encounter and please help others do this, too.
- When you pass along information, can you do so factually without adding anxiety to the people you are talking to? We can use our strength to choose whether to pass the baton of anxiety and uncertainty to others or to be vehicles of compassion. This does not mean glossing over facts, it simply means sticking to what is true without adding drama.

Content by: Dr. Teri Pipe

