

Leadership in the Context of Global Crisis: Staying Sane in Crazy Times

NS Nonprofit COVID19 Coalition Open Forum

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Who is Robert Wright?

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- Former:
 - Ex. Dir. Child & Youth Strategy
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 - Race Relations Coordinator of Dartmouth District School Board
- Therapist, Assessor, Consultant, Trainer, Mediator, Educator, Facilitator, and Activist



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The COVID-19 Crisis

- First discovered in Wuhan, China in December 2019
- Likely transferred to humans from bats to pangolins
- Produces a form of viral pneumonia
- Has an incubation period of about 14 days
- WHO estimates R_0 of 1.4 -2.5 (seasonal flu 1.19-1.37)
- Current global number of cases 18,479,545
- Declared a global pandemic on March 11, 2020 by WHO
- Nova Scotia continues its state of emergency since March 22

It's Crazy Out There!



- Remember when this started and we all went crazy?
- Now urgency has turned to chronicity.

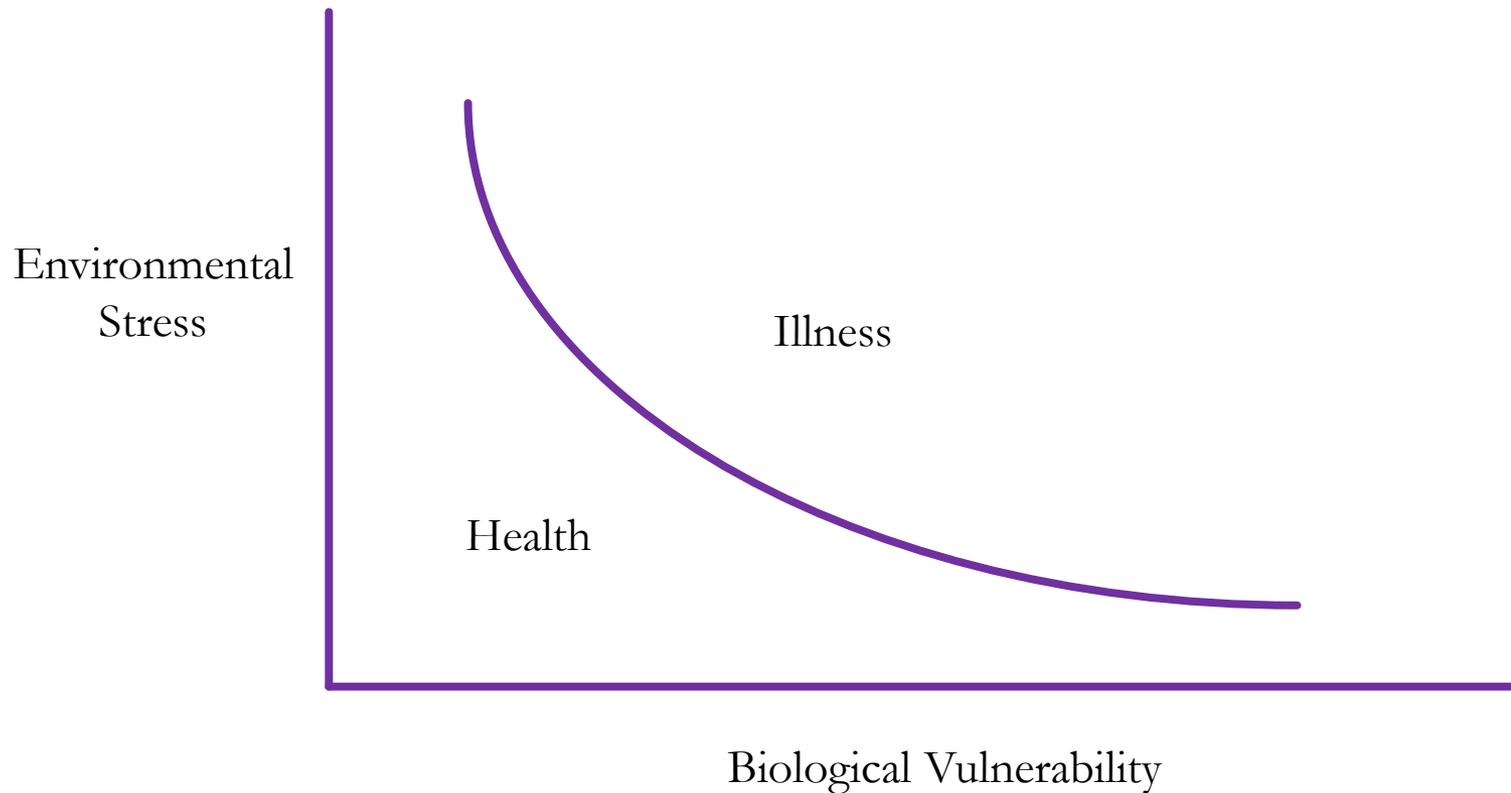
Support Your Mental Health

- Acknowledge and experience this as stressful.
- Take breaks from watching, reading, or listening to news stories, including social media.
- Keep your news diet local.
- Take care of your body.
- Make time to unwind.
- Connect with others.
- Spend quality time with pets.
- Read the advisories carefully.
- Be responsible, but don't overdo your social isolation if you are not infected or exposed.
- Connect with faith, belief, things of meaning.
- We live in perhaps one of the best countries in the world. We have a public health service that keeps us informed and in the event of a real crisis we have institutions that can mobilize to bring us resources to keep us fed and warm if necessary.

Stress vs. Trauma

- Stress is the pattern of specific and nonspecific responses an organism makes to stimulus events that disturb its equilibrium and tax or exceed its ability to cope.
- Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.

Model for Understanding Mental Health/Illness



Leadership Story

- Your Team Needs a Leader During a Crisis . . .

Leadership Story

- Your Team Needs a Leader During a Crisis . . .
- You need to fulfil your needs elsewhere

Leadership Story

- Your Team Needs a Leader During a Crisis . . .
- You need to fulfil your needs elsewhere
- You need (more than ever) to know who you are as a Leader

- See Keeping Sane . . .

Q&A



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