Covid- A Paradox - Hope & Despair
Disconnection from self
Disconnection from each other
Struggling to make an impact
Dehumanization
I've noticed people don't greet each other in passing while wearing masks
Worried
Exhaustion
Loss of close family members
Out of sorts
Less ability to sit with uncomfortable feelings
Wanting to escape
Despair
Sadness
Detachment from caregivers & teens
Lack of zest
Fear
Exhausted
Disbelief
Hedgehogging
Rage
Stress
Anger
Constant adjustment
Uncertainty
Anxiety
Struggling to trust the process!!
Grieving lost connection
We must get to a "better normal"
Depressed
Short tempers
Lack of zest
Lack of hope
Isolation
Sadness
Fatigue
Lonely
Scared
Resignation
Helplessness
Appreciate life
Dehumanization
Sad
Tired
Helpless
No hope-Hope
Fear
Isolation
Stress
Uncertainty
Anger
Exhausted
Burnt out
Separated
People don't socially engage in the same way
Limited resources
Anxious
Constant adjustment
Stress
Disbelief
Fatigue
Lack of hope
Disconnection from self
STRESS
Isolation
Anxiety
Impatience
Readjust lives
Anxious
Panic
Burnt out
Dehumanization
Sad
Panic
Isolation
Scared
Withdrawn
Irritability
Sadness
Hedgehogging
Disconnected
Lonely
Out of sorts
Worried
Fear
Separated
Exhaustion
Fatigue
Exhausted
Limited resources
Anxious
Uncertainty
Sadness
Anger
Overwhelmed
Helpless
Stress
Dissociated
Anxious
Readjust lives
Anxious
Isolation
More depressed
Overwhelmed
Lonely
Anxious
Overworked
Uncertainty
Short tempers
Numbness
Lonely
Panic
Anxiety
Anxious
Anxiety
Fear
Anxious
Tired
Irritability
Sadness
Panic
Scared
Depressed
Readjust lives
Fear
Tired
Anxious
Out of sorts
Rage
Isolation
Resignation
Going through the motions
Anxiety
Dissociated
Rage
Sad
Anxiety
Stress
Lonely
More children on the "spectrum"
Heightened fatigue
Rage
Isolation
Withdrawn
Uncertainty
Despair
Burnt out
Impatience
Ongoing sense of threat
Numbness
Lack of zest
STRESS
Helplessness
Sadness
Worried
Panic
Resignation
Appreciate life
Isolation
Despair
Stay safe
Panic
Separated
Anxiety
Lonely
Limited resources
Anger
Stress
Dissociated
Panic
Grieving lost connection
Stress
Isolation
Be thankful for each other
Fear
Irritability
Stay safe
Anxiety
Overwhelmed
Impatience
Lack of hope
Separated
Detachment from caregivers & teens