

The Coronavirus - A Look At The Way We Look

BY

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What should I do and how should I change my life according to the national news sources our country is in crisis. But what is the crisis? The media uses one of its favorite words to define the situation we as a nation are facing.

The hair goes up on the back of my neck when I feel I'm being manipulated, tricked or somehow deceived regarding the impact of an individual or event upon my life. The Coronavirus is in fact a crisis — a pandemic, a life changer and a life taker.

Okay, so what should I do different? Wash my hands more, avoid social functions, sports events, the shopping center, barricade myself in my home pray more, touch less?

Like any crisis that impacts our life we have once again proven a basic psychological premise — with stress goes regression namely, we returned to earlier patterns of behavior and old strategies that we have found useful in guiding our life through difficult times.

This brings up a memory of when I was living in London some years ago. It was during the time when our world and the media was just getting used to the idea of terrorist attacks.

I was at the Odium theater in London watching a movie when the film was interrupted and the house lights turned on and a gentleman stood in front of the audience and quietly announced that there had been a bomb threat and asked in a very kind way to exit the theater.



Just like an orderly recess at a proper elementary school the audience stood up and quietly, very quietly in fact, walked out onto the street for about 20 minutes and quietly discussed the situation among themselves. Shortly after that a representative from the theater gave the "all clear" and that they intended to resume the film at the place where it had been stopped. It was an example of "Best of British," I was very impressed and recall thinking I never saw any children at my school behave like that. I must say, I felt some pride in being with this orderly group somehow.

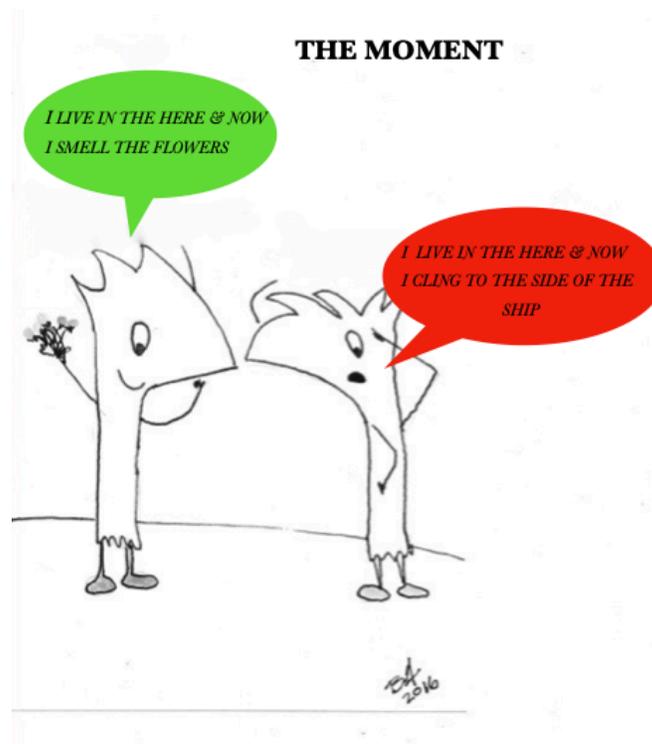
We as a country, may struggle and fight, Democrats with Republicans one minority group against another but don't be dumb enough to pick a fight with us! When someone, some group, something such as the Coronavirus happens we as Americans rallying around.

A friend of mine wrote:

Nobody is in the same boat, we are in the same storm. Your ship could be shipwrecked and mine might not be. Or vice versa. For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail, coffee or fine wine. For others, this is a desperate financial, family and emotional tsunami. For those that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

Today we are forced to face the pressure that goes with a pandemic. We are going back to a new normal, we saw a lot of heart warming actions taken by people to help, share and care.

The cleanliness required to reduce the chance of contracting the Coronavirus is a metaphor for what we will do in these trying times. We will gather closer together as a nation and do what we've always have done in any crisis my three favorite words, come to mind - ORGANIZE, FIGHT, WIN - LET IT BE SO and so we will!



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