

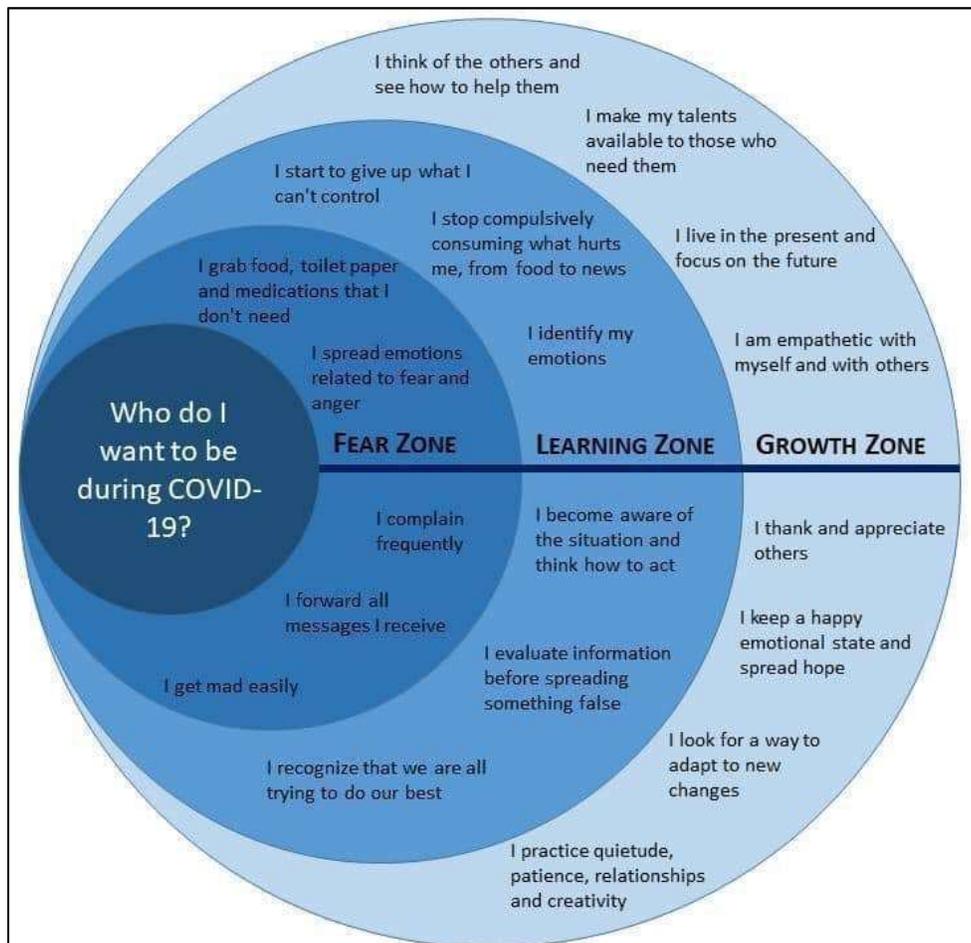
A useful chart is making its way around social media. Perhaps you have seen it; it is a collection of overlapping circles, each representing a zone or phase of reactions to COVID-19. We don't know the author; however, want to share the brilliance of this person's work. You will see the chart below and a reconfiguration of the original graphic. We have included a fourth phase or zone. We based the fourth phase on the writings of Suzanne C. Kobasa* who described a trait she called *hardiness*. Current writers use terms like resilience or grit; we feel these are related to what Kobasa called hardiness.

When the news of COVID-19 reached us, most of us reacted in a manner that is best described by the Fear Phase. This is normal; this is human nature. It isn't wrong or bad to react with fear. We want people to understand that it can simply be our first reaction and with time and human support, we can all move to the next phase.

Through social (physical) distancing, washing hands, wearing masks, using pick up or delivery services, and social media connections, we can continue to live in a manner that is consistent with our goals and values. We don't have to like all the changes but we can accept and live with the changes. We can still be the people we want to be. Our society, our world, has the virus, but the virus doesn't have us. Take some time to look at the chart below and see how you are learning and growing.

Again, this is chart is based on a graphic, author unknown, making its way around social media. If you know who created the original graphic, please let us know. We want to express our appreciation to the author.

*Kobasa, S. 1979. Stressful live events, personality, and health-Inquiry into hardiness. Journal of Personality and Social Psychology,37, (1): 1-11



From Fear to Enlightenment during COVID-19 Response

	Fear Phase	Learning Phase	Growth Phase	Enlightenment Phase
<i>DESCRIPTION OF PHASE</i>	Like most humans, when something frightening is happening, I usually react with fear, anger, and confusion. I resent being vulnerable.	Like many humans, as time passes I settle down a bit and begin to take note of my world. I see what works and what doesn't work.	I am changing my behavior and feeling hopeful, I am thriving more than surviving. I am getting the big picture.	I accept and appreciate all that life has for me in my time on earth. I see how I can be useful in this crisis. My faith is restored.
<i>BEHAVIORS OF THE PHASE</i>	<ul style="list-style-type: none"> -I hoard food, toilet paper, medications, etc. that I don't need -I share/express emotions related to fear and anger -I complain frequently I forward a lot of messages and posts I get mad, I am irritable 	<ul style="list-style-type: none"> -I start to realize what I can control and what I can't control -I stop over consuming whatever hurts me, like food, alcohol, or the news. -I am less impulsive or reactive, I am starting to plan my actions. -I am looking down the road, keeping the future alive in my head. -I fact check information before sharing it or acting on it -I am beginning to see how we are all in this together and that people are generally trying to do the right thing. 	<ul style="list-style-type: none"> -I am thinking more of others and I have found things that I do well that help others. -I let myself live in present, one day at a time, but I am living for my future. -It is easier to be empathetic; I can understand what others are feeling. -I express my gratitude more; I let others know I appreciate them. -I am trying to be positive; always checking myself to see the good in people. -I believe now that life is an endless wonderful process of making changes. -I don't numb myself anymore; I chose instead to calm myself 	<ul style="list-style-type: none"> -I see how I am always vulnerable, but I am also always willing and able to make good choice. -I accept the horror of life; I don't appreciate it, but I understand that disease is a part of life and we can work against it. -I believe that life is worth living no matter how hard, no matter how uncertain. -I want to be living when I die. -I am living my faith, my philosophy; I am always taking the high road and living with love for humanity.