

Resiliency, Stress and Grief: Managing through COVID-19

Webinar Chat:

00:7:16 Scott Solberg: Hi there!

00:18:34 Scott Solberg: https://drive.google.com/drive/u/0/folders/1N5NKUXo4Qowe_CKvJeBNiRP9rIGi9Ep5

00:27:48 Andrea: learning new recipes

00:27:57 Maryellen: I'm also learning Zoom...also cooking more. I am a former take out queen.

00:28:14 karen.keegan: Focusing (!) on improving my macro photography skills - mostly flowers. It's very exciting - both taking the photos and post-processing.

00:29:23 Anna Kalil: I have also become a plant mom — seven new potted plants. It helps my mood to bring greenery into my studio apartment.

00:31:01 Margaret: Also learning Zoom, finding a balance of working from home with dogs vs. going into office & most importantly weekly walks in forest or along the water - Puget Sound

00:31:19 Maryellen: I'm also very moody!

00:33:48 Maryellen: We like the dog!

00:34:02 Anna Kalil: Dogs are the best :)

00:37:10 karen.keegan: Hard to balance watching and not watching the news - I want to know what's going on, but can't keep watching.

00:38:53 Anna Kalil: Isn't it our civic duty to confront our discomfort and expose ourselves to the conversations about racism in America available in the news?

00:57:21 Scott Solberg: https://drive.google.com/drive/u/0/folders/1N5NKUXo4Qowe_CKvJeBNiRP9rIGi9Ep5