

An Interview about Resilience with My Son

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The unsettling and disruptive impact of COVID-19 on all facets of our lives has continued without let-up since I wrote my March article. Schools remain closed with several states announcing that they will not re-open during this school year. Many small business owners and many employees are facing intense financial hardships, including bankruptcy and permanent business closures. Hopefully, there will be enough monies authorized by Congress to aid those in need.

Anxiety, depression, and anger are emotions that have been experienced in different degrees by many individuals in the face of the pandemic. As people attempt to cope with the uncertainty of COVID-19, many feel overwhelmed and their physical and emotional well-being are at-risk.

As often occurs during times of crisis, the basic goodness of people is vividly displayed. Numerous acts of kindness and unselfishness are demonstrated on a daily basis by frontline health care providers, first responders, staff who work in pharmacies and supermarkets, drivers who deliver goods and packages to stores and individuals, postal workers who deliver our mail, and the thousands of educators who have adapted to on-line teaching. And then there are individuals checking in on neighbors, landlords not charging tenants rent for at least a month or two during the coronavirus, and people of all ages volunteering at food banks and various community agencies. This list can go on and on.

During this past month I have posted links on my Facebook page and/or tweeted links on Twitter to a number of articles that I found offered helpful suggestions for coping with the challenges triggered by COVID-19. I hope those who follow me on Facebook and Twitter have found these articles beneficial.

I have been in regular contact with my older son Rich who lives in Portland, Maine, not just in terms of checking in on family but on the work he does. Rich is president of flyte new media, a web design and digital marketing company. Through his blogs as well as his appearances on the NBC-TV affiliate in Portland, he has offered what I consider to be very thoughtful, practical advice for other small business owners and

business leaders about working remotely, taking care of oneself, and maintaining close connections with one's team, customers, and clients.

Given our shared interests, Rich invited me to do a Facebook Live interview with him with a focus on nurturing resilience in yourself and your team during a time of crisis, which we did last week. I sent out an announcement of the interview and received a number of inquiries about whether it would be taped. In fact, it was and is now available for viewing. While the focus was on small business owners and leaders, the discussion also included consideration of family matters as well as education.

I have decided to change the usual format of my monthly article for this month. Rather than writing a lengthier column that details my conversation with Rich, I have included a link to our video for your viewing. I should note that Rich also posted the interview on his company's website, together with an excellent summary that he wrote capturing the main points we addressed. The following is a link to that page and summary: <https://www.takeflyte.com/nurture-resilience-in-a-crisis>

It was a pleasure to do the interview with Rich. I hope you find it informative, and I hope that all of you stay well.