

A vibrant watercolor illustration of various green and yellow leaves, possibly from a tropical plant, set against a light purple background. The leaves are rendered with soft, blended colors and visible brushstrokes, creating a sense of movement and depth. The composition is dense and fills the entire frame.

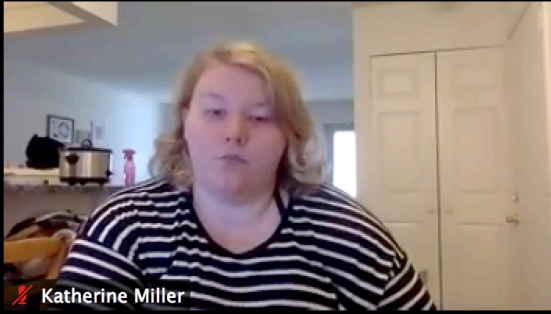
# TELLING OUR STORIES IN THE AGE OF COVID-19

Janis Whitlock



WHY?





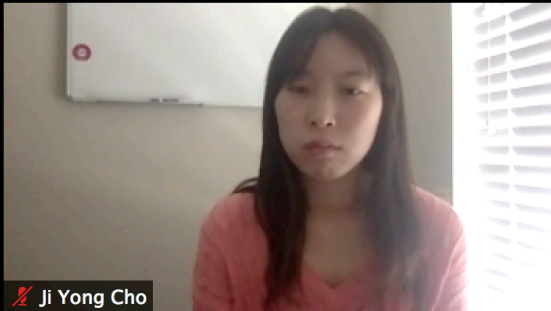
Katherine Miller



Janis



Drew Margolin



Ji Yong Cho



Aparajita Bhandari



Vanessa Bohns



Rene Kizilcec



Natalie Bazarova





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**Wednesday, March 18: *When research is used to shape and sell***

Bohannon, J. (2016). Government 'nudges' prove their worth. *Science*, 352(6289), 1042-1042.

Ewert, Benjamin (11/2017). "Promoting health in schools: Theoretical reflections on the settings approach versus nudge tactics". *Social theory & health* (1477-8211), 15 (4), p. 430.

Portela, M.C., Pronovost, P. J., Woodcock, T., Carter P., Dixon-Woods M. (2015). How to study improvement interventions: a brief overview of possible study types. *BMJ Quality & Safety*, 24(5):325-36. doi: 10.1136/bmjqs-2014-003620

**Supplemental readings:**

Taylor, M. J., McNicholas, C., Nicolay, C., Darzi, A., Bell, D., & Reed, J.E. (2013). Systematic review of the application of plan-do-study-act method to improve quality in healthcare. *BMJ Quality & Safety*, 23(4):290-8. doi: 10.1136/bmjqs-2013-001862. Sunstein, C.R. (2015, September, 19). Making government logical. *The New York Times*. Retrieved

from <http://www.nytimes.com/2015/09/20/opinion/sunday/cass-sunstein-making-government-logical.html>

Lucke, J. (2013). Context is all important in investigating attitudes: acceptability depends on the nature of the nudge, who nudges, and who is nudged. *The American Journal of Bioethics*, 13(6), 24-25.

**Monday, March 23: *Debates***  
**Readings assigned by groups**

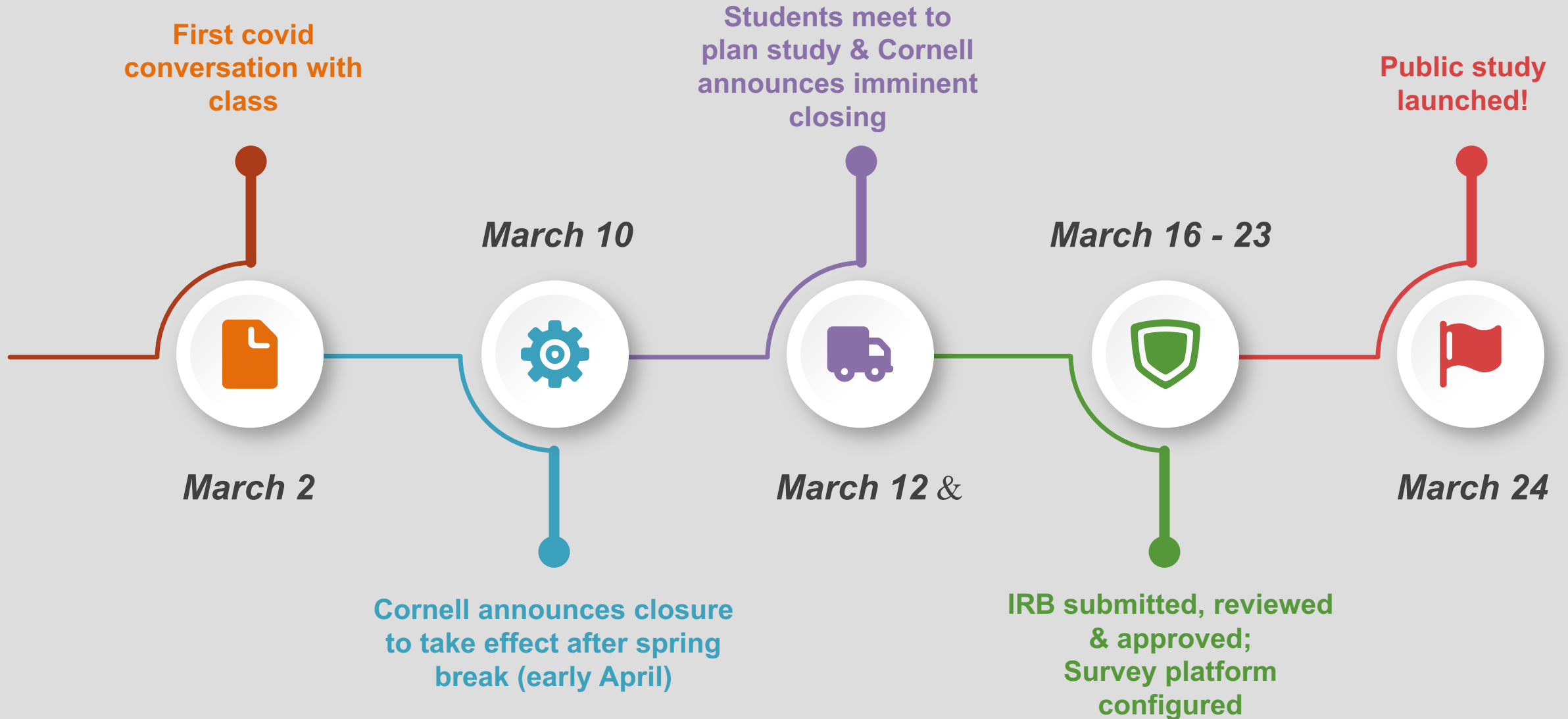
**Wednesday, March 25: *Debates***

**Readings assigned by groups**

**Week of March 30: *Spring Break***



# TELLING OUR COVID STORY TIMELINE





BEFORE I GO ON, AN  
IMPORTANT  
ACKNOWLEDGEMENT:  
THANK YOU JULIA!





The background of the image shows the spines of several old, worn books stacked together. The colors of the spines include dark grey, orange, maroon, and green. The text is overlaid on the maroon spine.

# TELLING OUR STORIES

in the age of Covid-19  
*(...and more)*

<https://www.covid-stories.com/>





## FIRST, A LITTLE HISTORY

- Journaling dates back to advent of handwriting and were mostly kept as public records. The modern diary has its origins in fifteenth-century Italy where diaries were used for accounting.
- Gradually, the focus of diaries shifted to be suited to personal use. Leonardo da Vinci filled 5,000 pages of journals with inventions ideas and observations
- Diary as autobiography began in 1660: with Samuel Pepys in England who recorded details of London life.
- Many famous writers used journals later published as books (largely female!)



IT HELPS!

- Therapeutic use of journaling arose in 1960s, when Dr. Ira Progoff, a psychologist in New York City, began offering workshops in the **Intensive Journal method**
- Dialogue and response journals became common as a 1980s teaching tool as a way to allow teachers to follow and respond to student reasoning & perspectives
- Psychologist James Pennebaker, launched the first set of studies linking personal disclosure with reduction of trauma salience and mental health challenges
- Since then, research has linked journaling with (see Pennebaker, 2018 for review).
  - Improvements in mental health and reduced trauma-related distress
  - Improvements in physical health
  - Coping skills
  - Relationships
- A brief search reveals 17 different forms of contemporary journaling!





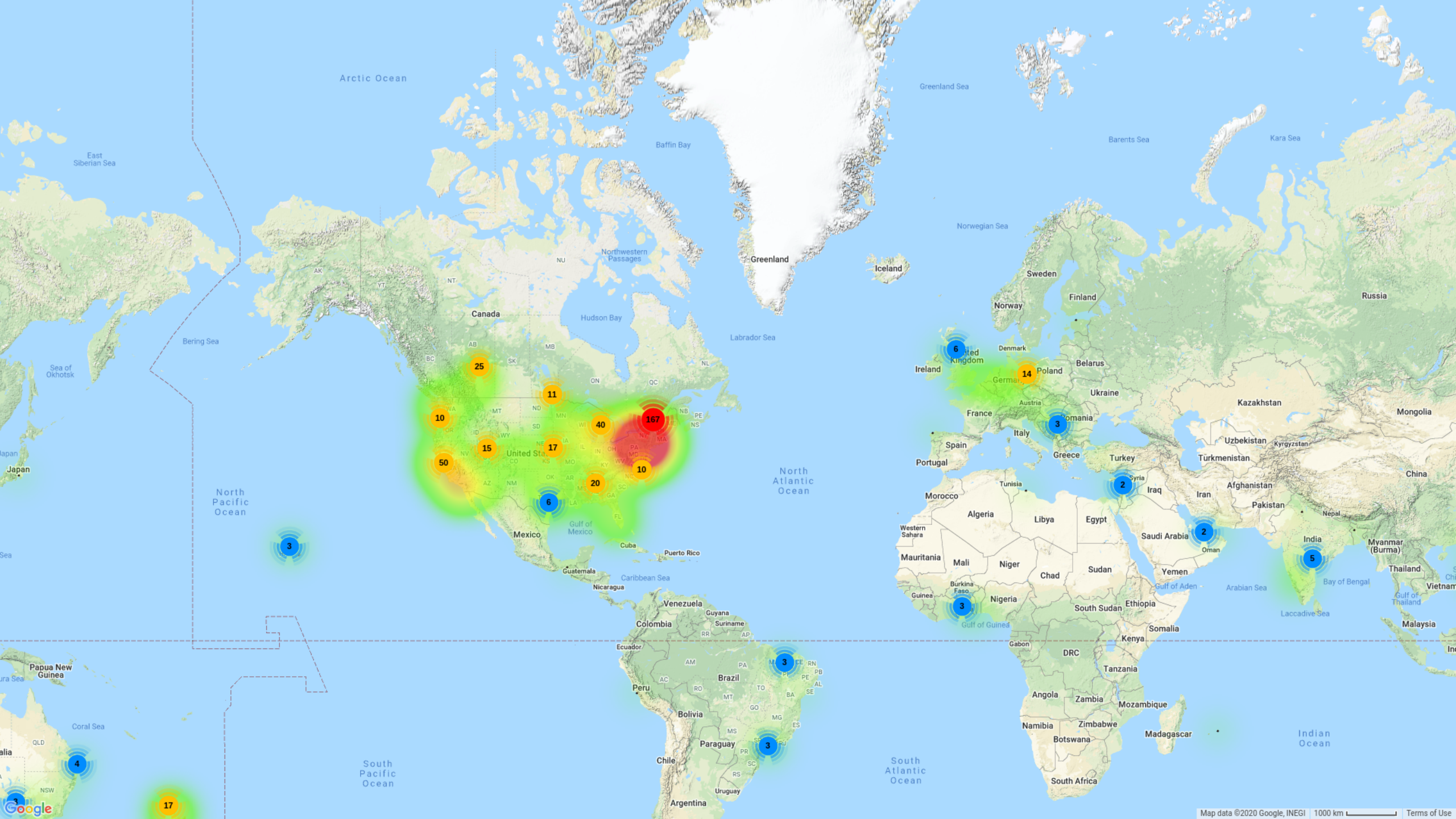
## STUDY COMPONENTS

- Basic demographics
- Covid status
  - Self and family risk and current status
  - Impacts (health, financial, employment)
    - Experience if covid +
  - Community covid response (restrictions / loosening of restrictions)
- Journal prompt
- News highlights prompt
- Silver lining prompt
- Social media questions & prompt
- The Positive and Negative Affect Schedule (PANAS)
- Art / video / image submission portals

## PARTICIPANTS (9/8/20)

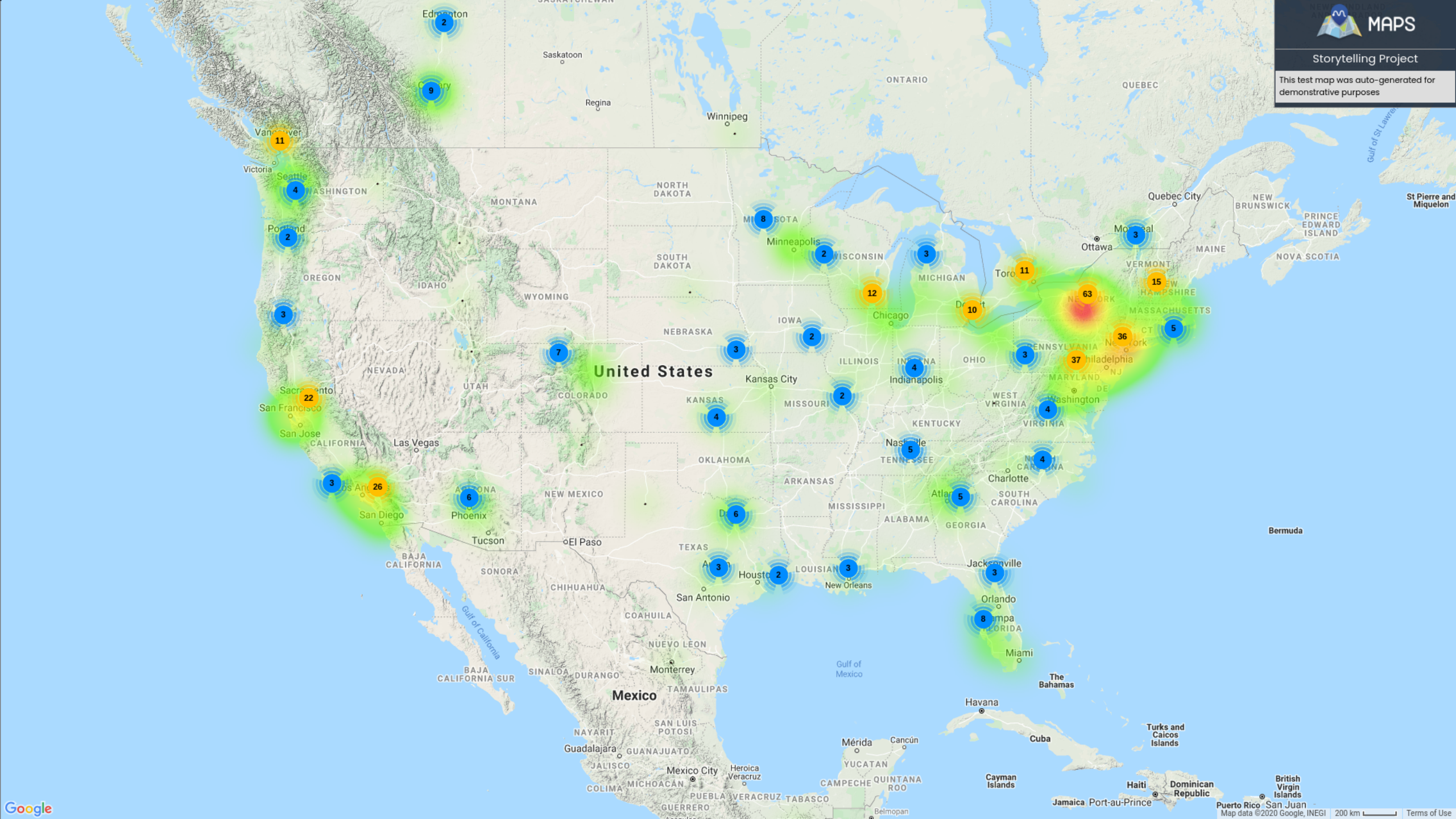
- 728 unique respondents
- 5,438 submissions
- Ages 18-92; Mean 44.6
- 87.8% female, 10.3% male, remaining: transgender, non-binary, other
- Nearly 3 dozen countries represented
- Nearly all of the continental US







This test map was auto-generated for demonstrative purposes





# SUBMISSION SNAPSHOT





I feel like when I tune out the news I can live in a happy bubble with my family. My husband and I have a good schedule that lets us take turns being with our daughter and helping her with distance learning..And our 7-year-old daughter is in high spirits - I think she likes the extra time with us and our dog.

But then when I read the news or check social media it's easy to get scared. I am scared of something happening to my 70-something parents, and of it being a really long time before I can be with them again. I'm scared of one of us getting sick because a friend of a friend has the virus and it sounds like a living hell. I can't imagine one of us having to quarantine and the other having to parent and manage the household alone, let alone do paid work..

or where indicated on pattern. If s... initial  
length  
add

there is something i havent said havent

said havent shared there is nothing

i havent cared to tell you here this night

To Shorten Crease along  
Make a fold half the amount

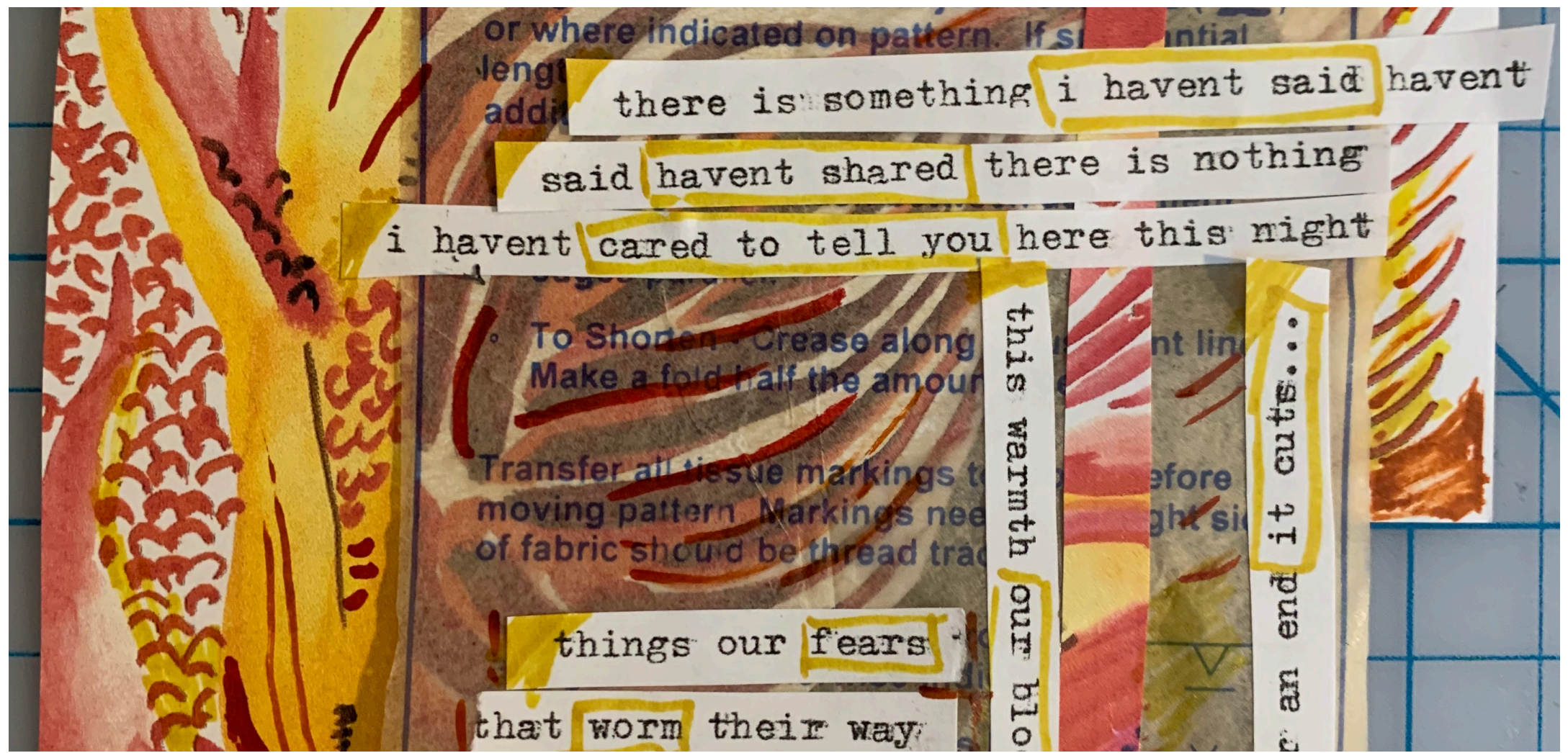
Transfer all tissue markings to  
moving pattern. Markings need  
of fabric should be thread trac

this warmth our blo

it cuts...  
an end

things our fears

that worm their way





# HAIKU

Shoes abandoned now  
Tired of my slipper socks  
Longing for a heel

Out of hair product  
The frizz is taking over  
Is that MORE white hair?!

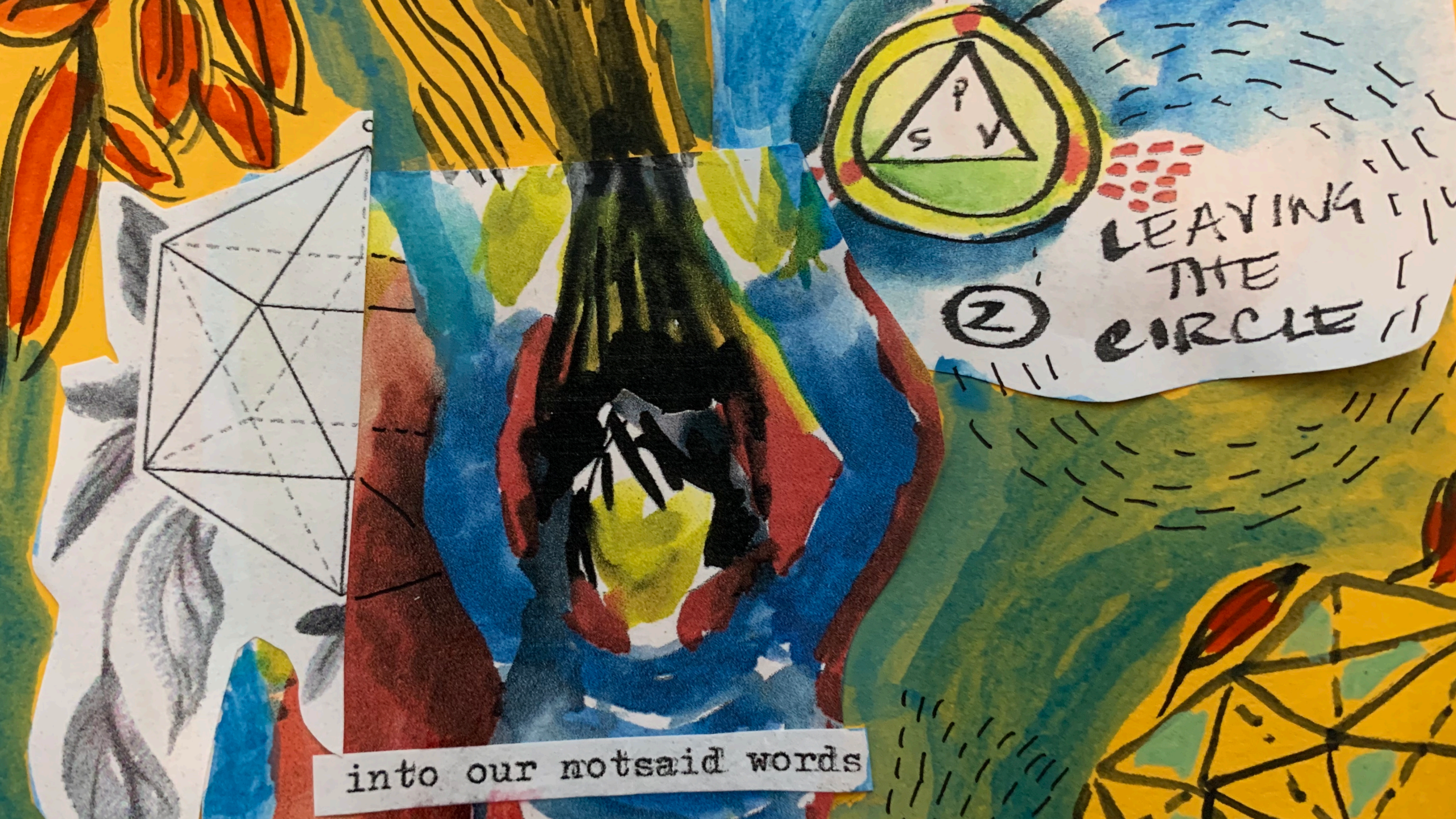
Here we are in the  
middle of a crisis and  
there is no cheesecake



The political situation continues to be disturbing, at the very least. A right wing, gun toting teen ager (Rittenhouse) accused of murdering two protesters. And a Black man shot in the back 7 times by police. Trump is taking advantage of this situation to sow further discord and gain support. Also trying to take the country's attention away from the coronavirus before the election (which adds to my discontent).

A 21 year old daughter of a Covid victim who lived in our town has come out with her story about her dad dying from the virus. She reported that people have accused her of lying to her face (that he died of the virus) and that it's all a hoax. Even now after all this time... what is wrong with people?

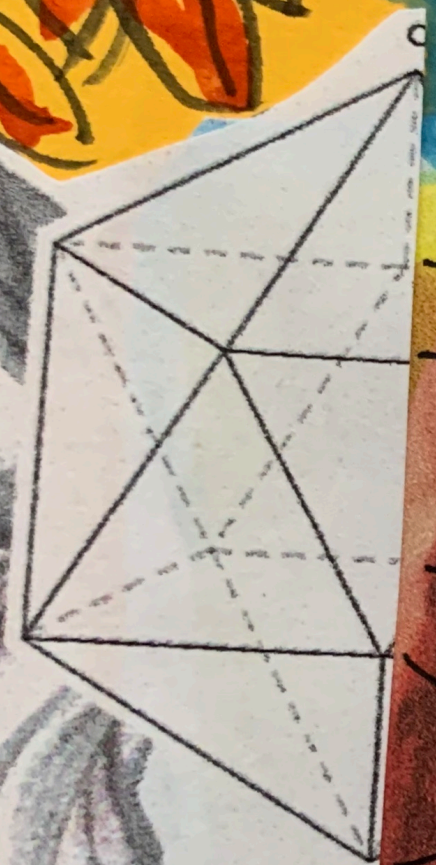




LEAVING  
THE  
CIRCLE

②

into our notsaid words





I feel emotionally raw. There's no filter on my feelings right now. On the way to work today I was bouncing around to an upbeat Bruce Springsteen song, feeling like "yes, I got this, its all gonna be ok". 3 minutes later (literally; I'm only 5 miles from my work), I'm crying, listening to a Donna Summer song.

## MORE HAIKU

Computers galore \$  
In our little basement home. \$  
They dance the TikTok. \$

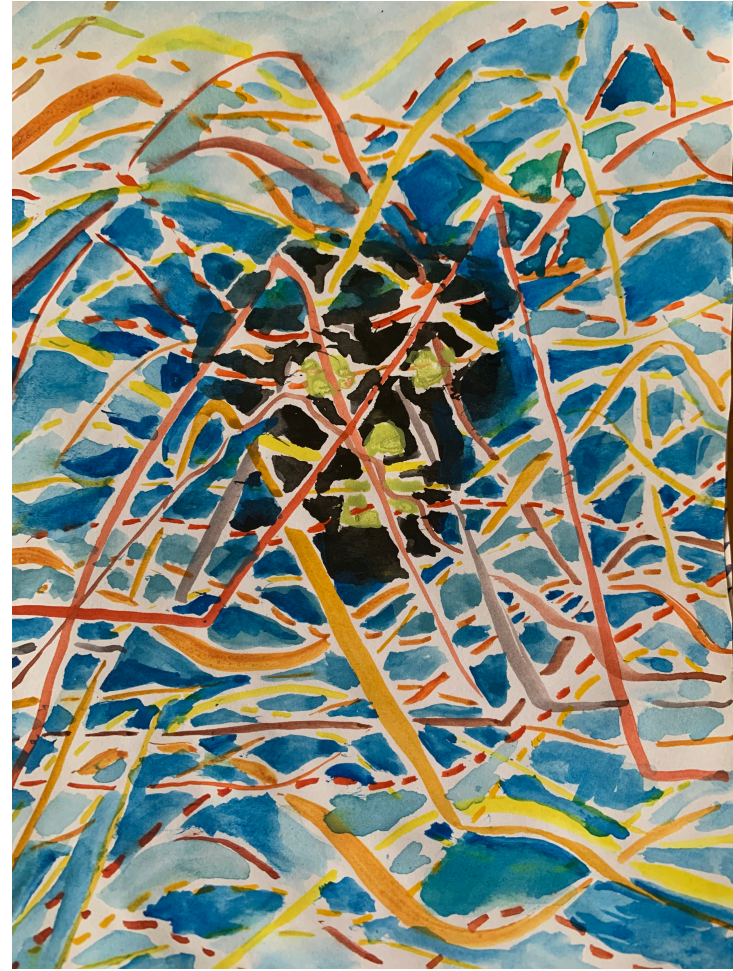
Kid out of diapers  
My house is covered with pee  
And I can't escape

I have never been  
A worse employee or mom  
Love and pay endures

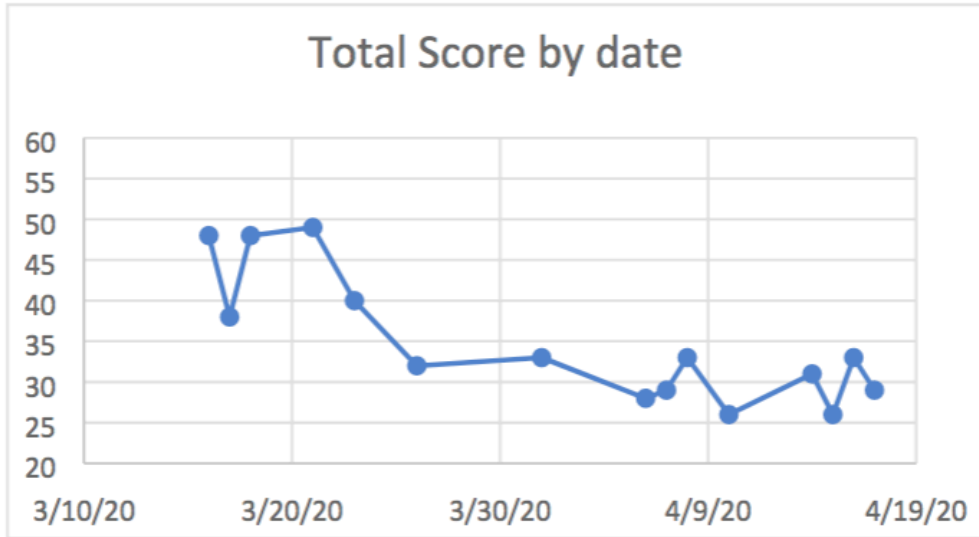
Being with family  
I know them all better now  
Grateful beyond words

My kids scream and shout  
Who left these dishes all about  
May God calm my soul

Puppy destroys yard  
Teenager stays in his room  
Quarantine is hard





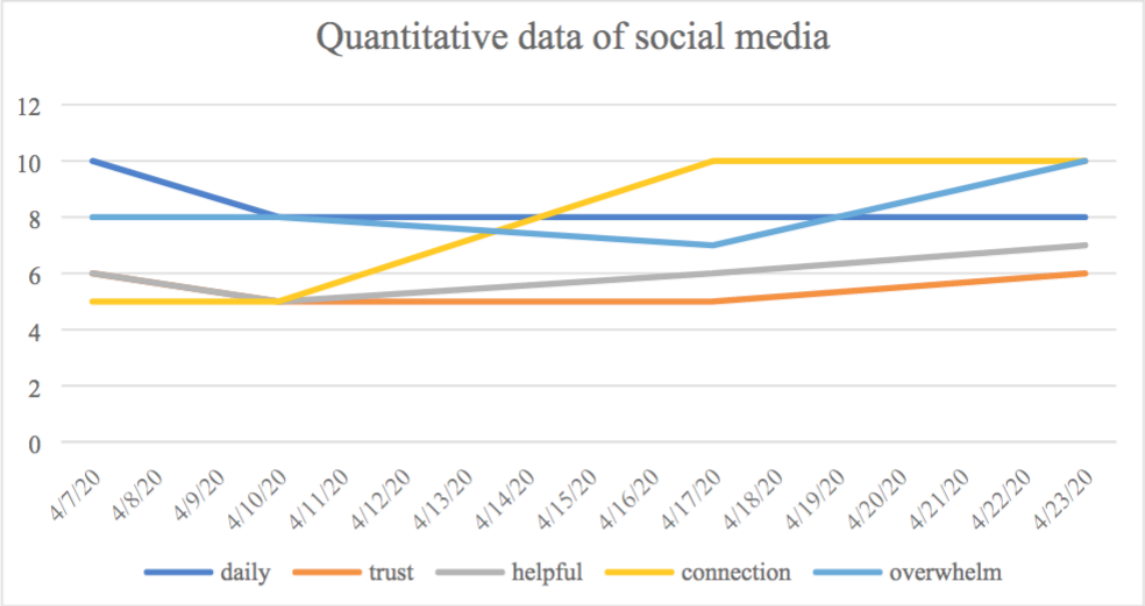


### 5. Exploring PANAS Data (\* indicates same value)

Most Intense Emotions	Least Intense Emotions
Attentive	Hostile
Nervous	Upset
Alert*	Guilty
Determined*	Shame*
Scared	Inspired*

**Theme I. Housing Stress**

# POSITIVE AND NEGATIVE AFFECT SCORES



# SOCIAL MEDIA USE



# SILVER LININGS

Being home and being able to catch up. I have finally found someone I have been trying to find for a long time. I found her on the internet. I never have the time normally to sit on the computer and do what I want, I have too much office work to do.

I am grateful for my neighbours - my friendship with one woman is close and we are closer because we have shared this experience. I have got to know the woman over the road a lot more and in fact I have hired her as a driver for us. I hope she continues after this all ends. Either way, I think we are building an important friendship together.







My students. In spite of being taught by a teacher with a mask on and social distancing, my kindergarteners are adapting. You'd be amazed how much fun kindergarteners can have with a clear, table top partition between them. Early childhood educators all over Facebook worried about how this would impact the children. Children find a way. They have adjusted to the new normal much better than most adults I know. So, my silver lining is my kiddos who have learned to wash their hands and try not touch their face but who refuse to social distance when they need a hug.





We're coming together to take care of each other more. We're trying to check in more. Researchers were incredibly quick to act on this opportunity.



## WHAT HAPPENS NEXT?

- We wait....
  - We stay responsive and current
  - We start working with data
  - We give back
  - We create and educate
- 
- Feel free to join us and/or to share the link 😊:  
<https://www.covid-stories.com/>



## RESOURCES FOR PARENTS

### **New York State:**

- <https://www.nysparenting.org/coronavirus-resources-parents>

### **Child Mind Institute:**

- <https://childmind.org/coping-during-covid-19-resources-for-parents/>

### **PBS for Parents:**

- <https://www.pbs.org/parents/coronavirus-resources-for-parents>

### **JED:**

- <https://www.jedfoundation.org/covid-19-resource-guide-for-parents-guardians/>
- <https://www.jedfoundation.org/wp-content/uploads/2018/11/Parent-Conversation-Guide-JED-2018.pdf>
- <https://www.gotostage.com/channel/29b45a503f764804a843e22cba5ccd1/recording/60f4bead07434d0086b85c1156431477/watch?source=CHANNEL>
- [https://www.youtube.com/watch?v=SlID3LZlp98&ab\\_channel=DarknesstoLight](https://www.youtube.com/watch?v=SlID3LZlp98&ab_channel=DarknesstoLight)