

Check It Out! Podcast Transcript  
Episode #59

“If coronavirus has you worried, this good doctor reminds you you're not alone”

Sno-Isle Libraries, May 11, 2020



Ken Harvey:	00:00	In this episode of Check It Out, we'll listen to a Coronavirus conversation between Dan Diamond, a world-traveling disaster relief doctor, and Phil Klein, past co-curator of TEDxSeattle and TEDxRainier. They'll discuss how to thrive under pressure and during any disaster, and also a review from Sarri Gilman with her thoughts on a selection from the library's self-help shelf. All this and more coming up next. Welcome to season three, episode 59 of Check It Out, the Sno-Isle Libraries podcast for lifelong learners with inquiring minds.
Speaker 2:	00:45	The views and opinions expressed on this podcast may not necessarily reflect the official position of Sno-Isle Libraries.
Ken Harvey:	00:54	Hi, I'm Ken Harvey.
Jim Hills:	00:55	And I'm Jim Hills.
Ken Harvey:	00:56	Hey, Jim. In this episode, we're going to sit in on a conversation recorded earlier between someone named Dr. Dan Diamond and Phil Klein. Now, Dr. Diamond is a clinical assistant professor at the Elson S. Floyd College of Medicine at WSU, Washington State University. He was previously an assistant clinical professor at the University of Washington School of Medicine for 33 years. So that's quite a while. He's an American Academy of Family Physicians Fellow as well as a certified board member with the American Board of Family Physicians. This is one busy guy.
Jim Hills:	01:36	It sure sounds like it. 33 years at UW and then on to WSU, that's amazing.
Ken Harvey:	01:42	It is. Well back in 1994, Dr. Diamond and his wife Debbie founded the first state-affiliated medical response team for disasters in the nation. That's really interesting because since then, he and his team have gone out, responded to different disasters around the world, including a few that people, our

(Continued)

audience may remember: Hurricane Katrina in New Orleans, Hurricane Pauline in Mexico, an earthquake in Haiti, and a typhoon that hit the Philippines.

- Jim Hills: 02:17 Dr. Diamond will be having a conversation with Phil Klein, someone that's well-known in the TEDx circles due to his curation work with TEDxSeattle, TEDxRainier as well as his support work behind the scenes with our own TEDxSnoIsleLibraries and TEDxEverett and full TED events around the world. In fact, we have Phil to thank for sharing this interview with us so that we can share it with our listeners.
- Ken Harvey: 02:40 Yeah, we really do appreciate that. Phil reached out and shared this conversation. We thought it would be something really timely for the audience to listen to, and in his remarks, Dr. Diamond is going to talk about how to thrive even through the time, this time of Coronavirus. It's interesting because when he and his medical disaster relief team worked for Hurricane Katrina, he came back with this question based upon things he observed there, questions such as "How is it that some people thrive regardless of circumstances and tragedy and why are some people really remarkable even when things go wrong, even everything seems to be going wrong around them?"
- Jim Hills: 03:31 We're going to get a chance to jump right into this very timely conversation between Dr. Dan Diamond and Phil Klein. Then we'll come back right afterward with some thoughts and takeaways. The first voice you'll hear in this interview is Dr. Dan Diamond.
- Dan Diamond: 03:46 These are some weird days we're living in for sure. Katrina was crazy. The medical triage unit at the convention center was the wildest thing I've ever done, but this one's different. This one's overwhelming. When we deploy to disasters around the world whether it's Haiti or the Philippines or Katrina or wherever, I know I can always come home and it's all good, but now there's nowhere to hide. This is a global pandemic that's affecting everybody on the planet, and it's important to remember that. We are not going through this alone. We're going through it with everybody.
- Phil Klein: 04:24 Yeah. So what have you been seeing in the last couple weeks, last few weeks as people are experiencing this? What has it been looking like from your perspective?
- Dan Diamond: 04:37 Let me just tell you a personal story. Two weeks ago probably three o'clock in the morning, I found myself sitting on the edge of my bed going, "What in the world am I going to do?" Then I

had this interesting conversation like, "Am I going to die? This isn't going to be good. This is horrible. This is the worst thing that's ever happened to mankind." Then I got into this conversation with myself of, "Diamond, jiminy. You're a disaster, doc. You need to buck up, be tougher." Then I remember that when it comes to self-compassion, there's three steps. First is to realize that you're suffering or that you're afraid. So I sat there and I thought, "Wow, man. You are really struggling with this one, aren't you?" I thought, "Yeah, yeah." I had this little conversation with myself.

- Dan Diamond: 05:25 Then the second thing is to show up with kindness. So I'm sitting there saying, "Well yeah, this is a tough one. I can understand why you'd be afraid." Then the third thing is to realize that you're not alone, that we're going through this with lots of people. So I sat there and I thought, "I wonder how many thousands of people are sitting here on the edge of their bed going, 'What in the world am I going to do?'" I thought, "We're in this together. We're going to get through this. It is scary, but I going to be kind to myself and go back to sleep." I was able to lay back down and finally get to sleep, but I'm sleeping a little bit better this week. Frankly, I'm on day three of a newsbatical. Decided to quit watching the news for three or four days and just focus on taking care of myself and getting my focus back in the right spot and being positive. Then I'll go back to the news tomorrow.
- Phil Klein: 06:21 Yeah. So you're not immune to having some of the same symptoms a lot of us are having about anxiety and so on.
- Dan Diamond: 06:29 No, we all have it.
- Phil Klein: 06:30 Maybe in some ways, you find yourself also with a little bit of your own catastrophic thinking around this kind of an experience and it's probably not even thousands, but millions of people are experiencing this on a daily basis. What do you say to the question of how ... This seems to be getting worse and worse and worse and worse and it feels like we're powerless. Is that something you're hearing from people and you're experiencing? How do you move that conversation or experience it?
- Dan Diamond: 07:05 Yeah, I came back from Katrina asking myself a question that changed my life and it's a great question for us to ponder. That is why is it that some of these people don't become victims? I vacillate back and forth as I'm sure everybody else does. Some days, I'm like, "Hey, this is good. We got this. It's all good," and then some days, I'm like, "Oh, my gosh. What am I going to do? I

don't want to lose the people that are close to me." So you kind of go back and forth, but realizing that we get to choose which direction we face. When I came back from Katrina asking this question of why is it that some of these people don't become victims, what I found is that some of these people, even though they lost their homes, they lost their cars, they lost all their clothes, they'd been in the same clothes for like five days, and some of them had lost their family members, and they still did not become victims.

- Dan Diamond: 08:03 I wanted to understand how they think because I sat there in the middle of this disaster going, "I don't know if I lost my stuff if I would stay involved, if I'd stay engaged, if I'd continue to support other people or if I'd just sit on the curb and cry that I lost my cell phone." I mean you don't really know until you go through it, but I began to study how it is that some people don't become victims. What I discovered was game-changing for me. It was really game-changing. So let me show you. Can I show you a quick model?
- Phil Klein: 08:38 Yeah, sure.
- Dan Diamond: 08:39 All right?
- Phil Klein: 08:40 Yeah.
- Dan Diamond: 08:40 So just zip over here and show you this. This kind of captures the essence of what I figured out after Katrina. There's two dimensions to this. There's power and there's purpose. The vertical axis there is the powerful and the powerless, and the horizontal is the purpose which are the givers and the takers. So this is not four different types of people and this is really important. This model is not a tool so you can point at people. This is a model for taking a look at inside on where you are. My goal is I want to be a thriver. I want to say, "Hey, I have the power to make a difference. It's not about me and I don't care who gets the credit," but my favorite one to go to when I'm under pressure is I like to slide down into the victim mode.
- Dan Diamond: 09:29 It's delicious because if I'm in victim mode, I can say, "Oh, man. I'm really having a tough time and you're going to feel sorry for me. Normally, you might give me a hug, but maybe you'll send me a note or reach out to me or something." At home, I could say, "I just don't feel very good today," and my wife will say, "Well honey, I'll clean up the kitchen. You go ahead and sit down on the couch and take a break." So I can manipulate by sliding in to this victim mindset. The controller mindset, these were people that were shooting at the rescue people in New

Orleans after Katrina. Doesn't make any sense. Why would you shoot at the people you're dependent upon for your rescue? But I've done this one too. I don't shoot bullets at people. I shoot emails or I shoot comments or you can ask my kids, I shoot looks because I have the power and it's all about me.

- Dan Diamond: 10:22 Sometimes I'm the bystander. I just disengage and go, "Oh, well there's nothing I can do. This virus is tiny, but it's big. What can I do?" Then I just kind of sit there with doubt and stay on the sidelines, but my goal is I want to live in that upper right quadrant to say, "I have the power to make a difference. It's not about me and I don't care who gets the credit." That's a fulfilling mindset. My biggest concern is that we're going to have a double disaster. The virus is bad enough. The virus is going to do what the virus is going to do. We can impact its impact by social distancing and doing all that. I think here in Washington state, we've really kind of flattened our curve pretty well so far, but there's this potential for a second disaster. That's my internal one. How do I respond? Do I get angry at the people around? Do I become a victim and manipulate people? Do I just kick myself to the curb and become a bystander? Or do I lean into this and go, "Huh, this is an opportunity. This is a new opportunity. How can I make a difference in the lives of other people?"
- Dan Diamond: 11:28 I think those are the questions. I continually ask myself two questions. Am I going to be powerful or powerless? Am I going to be a giver or a taker? How am I going to show up? Then pay attention to the internal conversation that's going on until I learn to recognize these differences that I use.
- Phil Klein: 11:51 It seems like many of us are in that victim state. I mean we aren't the ones making the decision about staying at home. That's being made by the government, and it feels like the virus is dictating a lot of the terms. What are you hearing from other people in the work that you're doing now about how they're relating to it? What's the spectrum of ways that they're addressing it? What are you seeing there?
- Dan Diamond: 12:15 Well there's anything from people that are furious with the government for locking everything down which, by the way, I think is the right thing to do. As a healthcare person, I can tell you we're getting to capacity and several hospitals are already beyond capacity. So if we overwhelm the system, we won't be able to take care of people and we're going to lose people. So it makes sense to do this social distancing thing, but there are people that go into anger mode. Then there are people that say, "Well what could I do to impact the lives of other people?"

Completely horrible, but again, do you want a double disaster or a single? I'll take a single. The virus is bad enough. I don't want to be another disaster. I want to make a difference.

- Dan Diamond: 12:59 When I talked to Mayor [inaudible 00:13:01] in the Philippines after Typhoon Yolanda, he said ... Man, this just haunts me. He said he got all of his people together after they got just decimated by this thing, and he said, "Your grandchildren are going to ask you when you tell them this story, 'So what did you do?'" That's the question that I'm asking myself. When I get through this, we're going to look back on this and I want to live well during this time. I don't want to take a deep dive into victimhood or be a bystander or be a controller. I want to show up as a thriver and be creative and put my head together with other people and try to come up with some ways that we can make a positive difference in the world during this time so we can look back on and tell our grandchildren, "Oh, yeah. It was really tough, but here's some really cool stuff that we did."
- Phil Klein: 13:56 What roles do leaders play and how have you been seeing them respond in relation to this so far?
- Dan Diamond: 14:01 I've been doing these virtual workshops, not webinars. Webinar's a talking head. Workshops, people are rolling up their sleeves and I'm putting them in breakout rooms and choreographing conversations and moving people in and out of different conversations. So my perspective as a leader, I would define a leader as somebody that has influence. It's not an org chart. Sometimes some of the greatest leaders are people like my medical assistant that I used to work with, Brandon [Gurkin 00:14:34]. Great guy. He would show up. I'd come in in the morning. He'd say, "Hey, Diamond. What can I do to make your life great today?" Yeah, who doesn't want to work with somebody like that? So I think as a leader, my job when I'm in disasters whether it's Katrina or Haiti or wherever, one of my main goals is to make sure that my team is looking in the right direction. We do that by facilitating great conversations.
- Dan Diamond: 15:03 It is so life-giving to do that. When we're watching the news, it doesn't really facilitate great conversations, but here's a question to ponder just as an example. In the last seven to 10 days, where have you seen or experienced kindness? In your family, with your coworkers, online, on TV? Where have you experienced kindness? As soon as we start asking the question like that, most people will stand up a little bit straighter. They look a little bit deeper breath. They get a little bit of a smile. Their brain goes, "Oh, yeah. Let me tell you a story. I saw this thing that happened." How can we use those things to move

forward? It's a better conversation and it's a live-giving conversation. It's almost like giving a glass of water to somebody in the desert when you change the conversation. Instead of how are you going to survive, how are you going to thrive? Give me an example of kindness that you've seen in the last seven to 10 days. Kick that one around with your family at the dinner table. It's a great conversation.

- Phil Klein: 16:19 On the one hand, people might say that, "Oh, you're being unrealistic or it's naïve or Pollyanna to think about the positive at a time when things are so hard." How do you respond to that? Then how do you see people meaningfully going forward and realistically looking at things and yet still stepping forward? Then what is it that they're stepping forward towards? What kinds of things are you seeing?
- Dan Diamond: 16:48 Yeah, that's a superb question. So am I being Pollyanna? Heck no. I'm a disaster doc. I mean I have seen crazy stuff in my career. Haiti was the most painful thing I've ever done. I spent probably three or four months after I came back weeping after Haiti. I mean I understand what pain is. I understand when it gets bad what it looks like. This is bad now. This is going to get worse. So I'm not dismissing that. Let me give you an example. I want to just share with you, show you a little story about how the brain works and this might be really helpful. So let me just zip over here and show you this slide.
- Dan Diamond: 17:33 This is based on some research that was done by a woman named Barbara [Frederickson 00:17:37]. She has a theory called broaden and build, and what she says is that these internal conversations that we have impact our emotions and our emotions have a huge impact on our brain. So if you have positive emotions going on even in the midst of difficult times, I'm not saying it's not difficult, but if I can find things to celebrate in the midst of the this difficult time, it's like sticking a wide-angle lens on the prefrontal cortex. That's this part of your brain that's right behind your forehead. This is where you have executive functioning and problem-solving skills. This is where all that stuff processes. This will give me a wide-angle lens on that part so I can see both ways down the street at the same time and I can take different parts, bring them together, and say, "I got an idea. We could do this," and I can get work done.
- Dan Diamond: 18:32 This is really important for me when I go into a disaster and there's no infrastructure. We don't have communication. We don't have electricity. We don't have a supply chain. I mean everything is ... Food, water, all that stuff is messed up. It's all on edge, on its end. I have to be able to stay positive because if I

don't, I end up like this guy. I think we've all done that where you get so focused on the negative that all you can see is this narrow, little strip and you end up walking right into a lamppost. It's painful. How I respond emotionally impacts the solutions that I can see, the potential solutions that I can see, and I can develop tunnel vision, tunnel hearing, and tunnel thinking when I get discouraged and cranky.

Dan Diamond: 19:39 On the other hand, remember, we started off by talking about me sitting on the edge of my bed. When I'm discouraged, I don't want to say to myself, "You idiot. Don't be discouraged." What I want to say is, "Man, you're hurting. I appreciate that. You're feeling afraid right now and I care about you. Maybe we should go for a walk. Let's get out of the house. Let's take a break. Let's get some exercise. Let's go do something completely different." Then realize again that we're in this together. I'm not doing this by myself. I'm really glad I'm not doing this by myself. Man, if you were the only one that was vulnerable to this virus, it would be horrible, but we're in this together. It's being aware of the conversation, but also showing up with compassion and kindness towards myself. It's very important that we're aware of these internal conversations.

Dan Diamond: 20:38 The big question I'll tell you that I've been asking myself that changes everything for me and maybe somebody will say, "Well you're being Pollyanna," but I don't think so at all. My big question that I'm asking is, "What does unstoppable love look like right here right now? What does unstoppable love look like?" That's a great question. This is not a time for me to come up with my mission statement and value statement and put them on a frame and stick them on the wall. I want to boil this down to one question that I can remember. What does unstoppable love look like? So if I'm sitting here and I'm feeling bad, what does unstoppable love look like towards myself? What does unstoppable love look like towards you? You called me up the other day and said, "Hey, you want to do an interview?" Yeah, absolutely because unstoppable love looks like I'm going to show up and do whatever I can to support my community because I care about my community.

Dan Diamond: 21:36 Unstoppable love gets out of the chair and makes a phone call or makes a Zoom call or writes a letter or does something, go out and wave at the neighbor. What does unstoppable love look like? I think if people took just that question away from this conversation, what does unstoppable love look like, it's going to have a huge impact that's going to ripple out and impact our community.

Phil Klein: 22:04 Yeah, that's a big question. That's a challenging question. It's challenging to hold that together with you said that at least the curve seems to be flattening here in Washington state. We may be further along than other states in the US and other parts of the world, and we're behind some other parts of the world in this. What do you see as things get worse is helpful? Just to continue asking this kind of a question?

Dan Diamond: 22:31 Yes.

Phil Klein: 22:33 Do you see anything in particular in the next few weeks that changes the way we may be thinking about how things are?

Dan Diamond: 22:43 After Katrina, I think probably the best way that I could explain what it felt like to be in Katrina was Mad Max in the Thunderdome. It was like this post-apocalyptic war zone where you had people shooting at the relief workers, shooting at the helicopters, shooting at each other, stealing from each other. It was just Mad Max in the Thunderdome. We're not seeing that now with this. I mean yes, there are some people that are getting cranky, but what we're seeing is kindness.

Phil Klein: 23:21 So it could be worse?

Dan Diamond: 23:22 Oh, my gosh. Yeah.

Phil Klein: 23:24 It could be a lot worse and it's hard to have that perspective when things seemed like they are continuing to get worse for a while. It sounds like you're seeing that this is going to round out and we will get past this even when it seems like things are getting worse.

Dan Diamond: 23:40 I look at this. I have a plan A and a plan B. Nobody's talking about plan A. My plan A, which is what I think is going to happen, is we're going to be dealing with this until January or February. We're going to be hunkered down because as soon as we relax, it's going to come raring its big head back up again. We're building up our capacity hospital-wise, supplies-wise so we'll be able to handle more, but this virus is not going away. It's going to be in our community. We need a vaccine. We need some reasonable treatments. There's some stuff that's going on that I think is going to be very helpful from a treatment perspective. It's coming, but my plan A is not until May 4th. My plan A is this is going to be probably until January or February.

Dan Diamond: 24:33 My plan B is we're going to be through this by early summer and we'll have some strategies in place and it's going to be

awesome. If plan B happens, I'm going to be delighted. It's going to be incredible. If plan A happens, I want to be ready for a long haul game instead of getting to the point where I'm saying, "Man, they keep extending. They keep extending. This is ridiculous." I want to go, "Yeah, I knew this was going to happen. It's going to be all right. We're going to be okay." How can I best serve the people that I know? How can I best connect with them? What does unstoppable love look like? Are we going to get through this? Absolutely we're going to get through it. It's a season. It's a long one, but it's a season. It's not terminal. It's not going to go on forever. This is difficult. It's the most difficult one that we've ever faced, but we'll get through it.

- Speaker 6: 25:25 Hey, parents and grandparents. Is there a child in the family who's latched on to a smartphone or tablet computer? Help them put that screen time to good use by downloading fun and educational magazines from Sno-Isle Libraries like Highlights, High Five, and American Girl. Every magazine packed with age-appropriate content like crafts, quizzes, experiments, poems, and wholesome stories and each issue is free to download with a library card from Sno-Isle Libraries.
- Ken Harvey: 25:56 If you have a great library experience you'd like to share with us, we would love to know about it. Drop us a line at [checkitoutpodcast@sno-isle.org](mailto:checkitoutpodcast@sno-isle.org). Again, that's [checkitoutpodcast@sno-isle.org](mailto:checkitoutpodcast@sno-isle.org). Who knows? We might even invite you to share your story on a future podcast.
- Ken Harvey: 26:17 That was a fairly short conversation about less than 30 minutes, but really interesting, some of the things that the two of them talked about. I'm just really struck, Jim, by the different experiences that Dr. Diamond and his team went through, but also how he's thinking about the Coronavirus situation now and how he's even processing it himself and applying some of the lessons and thinking from previous disasters back to himself and his family.
- Jim Hills: 26:56 I was struck by how he saw both differences and similarities from the Coronavirus situation that we're experiencing now to disasters that are generally natural, they have an absolute beginning, and they tend to have an end and we know that life is coming back. I thought one of the things that he pointed out was how individuals can choose how they want to respond to a particular situation. Now, they're not always able to bring themselves to that, but there is that option of choice.

Ken Harvey: 27:33 Yeah. I think choice, that can be kind of a tough message, I think, for some people because they might say and they might argue back, "I didn't choose this. These things happened to me."

Jim Hills: 27:49 Right.

Ken Harvey: 27:49 "I'm on the receiving end of them or someone that I care for is on the receiving end of these, and we didn't choose anything." So someone might say, "I'm insulted. I'm outraged that someone could say that I can choose how I'm going to respond."

Jim Hills: 28:06 I think the part that he makes in that choice moment is that it is an opportunity for self-examination and while you are responding to this externality of the crisis, of the disaster, there is this moment where you can reflect to yourself and say, "Well what ... How am I participating in this? What am I going to do about that? How am I choosing to react and to feel?" So I thought it was helpful. Right now, I thought it very helpful for me in dealing what we're dealing with the Coronavirus.

Ken Harvey: 28:43 Well right up near the start of the conversation, he talked about how he was choosing to respond to it himself and it was like, he was like he took a moment, he measured his own pulse, he took stock of, "How am I feeling about this thing," and acknowledged, "This thing is affecting me and I'm afraid." Then he said something that I recall about he choose to be kind to himself. He gave himself permission to be kind to himself and went back to bed as I recall and went back to sleep. Certainly from just if you're glued to the television or the radio or to cable or online to just watching what's on the internet about this, it seems like everything is all about the Coronavirus and COVID-19 and deaths and treatment and tests and concerns around it. I thought it was interesting that he talked about taking a newsbatical. Do you remember that?

Jim Hills: 29:59 Yeah.

Ken Harvey: 29:59 He took a break from Coronavirus media coverage.

Jim Hills: 30:03 I liked the part, as you were just saying there, about give yourself a break. Be kind to yourself. When I was coming into listening to this, I was imagining that this was going to be some kind of exhortation to toughen up and choose to tough it out. That wasn't it at all. It was that there was this kindness, there was this emotional awareness piece, and that is as valuable to understand your own frailties, your own vulnerabilities in

making your choice. I thought that was as powerful an insight as anything I heard.

- Ken Harvey: 30:46 Well something else, I agree that is pretty powerful and I think can be really life-changing if it's applied. I thought it was remarkable that in the video that went along with the audio, he shared a model, kind of a graphic model that showed kind of spectrum of ... He called it a model for self-examination where you kind of look at power and purpose. He discussed thinking about do you feel like you have any power in the situation or do you feel powerless and then with examination, self-examination, really assessing am I ... In this situation, am I just a taker or can I be a giver? Is there something I can give? I just thought, "Wow, that is really powerful for me," where he talked about choosing to move away from being a victim or a bystander and taking action, essentially putting your hands on what you can control and choosing to do something that is kind of in the middle of whatever the situation is and thrive in the middle of it.
- Jim Hills: 32:14 Yeah, very much so. I just thought this was just a great conversation for us to be able to tap into during this period.
- Ken Harvey: 32:25 Yeah, I thought so too. Near the end of his talk, I recall he talked about what does unstoppable love look like right now. What can ... How can you take the negative emotion that you may be feeling that can affect your brain and your body and turn that around to, "What can I do to help myself? What can I do to help someone else? What can I be in someone's life that is really meaningful, that's really wonderful? Then what does that look like? Then that's what I want to look like and I'm just going to apply that." So I thought it was a great conversation. I really appreciated Phil and Dr. Dan having a conversation with us and letting us sit in with it.
- Jim Hills: 33:18 Yeah, we're better for it. It was great.
- Ken Harvey: 33:21 Yeah. So again, thanks to Dr. Dan Diamond-
- Jim Hills: 33:26 And Phil Klein.
- Ken Harvey: 33:27 ... and Phil Klein for a great conversation, helping us travel through this time of Coronavirus and also letting us know that regardless of any type of challenge, circumstance, or crisis we have, we can thrive through it if we're willing to make some choices.

- Ken Harvey: 33:46 Self-Help Shelf coming up next.
- Sarri Gilman: 33:56 Hi, this is Sarri Gilman with the self-help shelf for Sno-Isle Libraries and I'm giving you a book recommendation for this month, and my book pick is It's Okay That You're Not Okay by Megan Devine. She's a psychotherapist. I'm also a psychotherapist and I've read lots of books on grief, but I highly recommend this book and particularly this book if you're only going to read one book on grief. She does something that very few authors do. She talks about early grief. Most authors do not write about that because people find it really hard to read a book in early grief, but she starts with early grief because that's where we all start with our grief and there's so much that you may have felt or may be feeling that goes unacknowledged. So it's good to go back and read about early grief and to remember or to acknowledge what you've been feeling.
- Sarri Gilman: 35:03 One of her quotes that I love is that we're not here to fix our pain, but to tend to it. She talks about re-humanizing grief and that grief is not a problem to be solved. It's an experience to be carried and that we have to talk about it. She talks about lots of different experiences that we have that are common when we're grieving like emotional flooding or having difficulty trusting ourselves or nightmares or having anxiety, and she gives great tips that really do work. Those tips are to help us with carrying the grief. One of them is about ... Here's one really simple one for anxiety that she offers which is just make your exhale longer than your inhale. We do this all the time in my yoga class and it really works and it's very helpful for calming and soothing. You start by calming from inside the body.
- Sarri Gilman: 36:06 She also explains what spiritual bypassing is. This is very common when we're grieving. Sometimes we are looking to take an enlightened view to our loss and it's okay if you have an enlightened view, but what Megan is saying is don't avoid the more challenging feelings and don't use enlightenment to cover up feelings. So this book is going to feel like a private conversation with the author who is acknowledging all the things that maybe your friends aren't able to acknowledge. Now, I will say there is a taste of bitterness that comes across at the very beginning of the book, but it isn't really misplaced bitterness. She is joining with readers and she is acknowledging and daring to say out loud most of the things that people keep inside and haven't said out loud. That bitterness tone dissipates within just a few chapters and she gets on to offering so much support and lots of good tips to help all of us with carrying our grief.

Sarri Gilman: 37:15 Now, during COVID-19, all of us have experienced losses and many of you may be experiencing grief. This book is a great companion through some of our most difficult challenging feelings that we're all experiencing. The book, *It's Okay That You're Not Okay* by Megan Devine, is available in digital format at Sno-Isle Libraries. This is Sarri signing off from the self-help shelf. Some books really are almost as good as therapy.

Ken Harvey: 37:54 This podcast has been brought to you by our legacy sponsor, Sno-Isle Libraries Foundation. Your private tax-deductible gift to the library foundation provides seed money to expand and foster extra early learning and lifetime learning opportunities through foundation grants for innovative library classes, activities, and civic engagement events. Type Sno-Isle Libraries Foundation into your web browser to find out more about how your donation can change the lives of preschoolers, third graders, teenagers, and lifelong learners like you or someone you care about.