

Leading and Coping with Vulnerability During the COVID-19 Global Pandemic

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This past year has been a very difficult one for all of us, both inside and outside of the National Weather Service. The coronavirus disease 2019 (COVID-19) has increased stress, anxiety, and fear in not only our personal lives, but our professional lives, as well. Moreover, the very action of social distancing has enhanced these feelings of isolation and loneliness that in of themselves increase stress and anxiety. Multiple studies performed during the pandemic determined that there was a marked increase in adverse mental or behavioral health conditions in those surveyed, including symptoms of anxiety disorder or depressive disorder, trauma, and increased substance use. Additionally, thoughts of suicide in people ages 18-24, minority racial and ethnic groups, and essential workers also increased. Finding ways to cope with this stress in a healthy way will help alleviate these feelings of isolation, anxiety, and fear. This presentation explores these feelings of vulnerability, using research by Dr. Brené Brown, research professor of social work at the University of Houston, and one of America's leading researchers on shame, courage, vulnerability, and empathy. Dr. Brown has authored multiple books on these subjects, including **Daring Greatly** and **Dare to Lead**. This presentation will also explore tactics we can employ, both individually and in a team environment, to move forward through the ongoing COVID-19 pandemic.

PRESENTATION TIME: 20 minutes

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