

FROM THE DESK OF

**DAVID DHEVARAJULU
EXECUTIVE DIRECTOR
CENTRE FOR HEALTHCARE
INNOVATION**



19 April, 2020

Two weeks has passed since "Circuit Breaker" (CB) became a household term without blushes ☐ How was the fortnight for you?

Covid is no respecter of persons. It strikes close to home. Janene, my little girl, (she's 27 by the way... but always daddy's little girl) given the job she does, was SHN-ed, LOA-ed and to cap the experience given 5 days Medical Leave.

Just when she thought she was around the corner, ran a fever and got tested for Covid at the National Centre for Infectious Diseases (NCID). This was part of her text-conversation with her boss.

Jan: "Results are out and I am negative!"
Boss: "Wonderful☺! Now I think we are going to place you in a giant zip lock bag until this is over." 🙄.

We all have stories to tell. COVID-19 strikes close, compels us to revisit what is dear to us, but has been silent given the loud demands of current day modern living.

Singapore's Prime Minister Lee Hsien Loong spoke on 10 April about keeping love ones safe by keeping away... indeed a love oxymoron that we can smile at years from now.

Kampung Warmth

So how has the circuit breaker changed my life? My walks are now jogs... I have been averaging six minutes plus per kilometre. Apart from the adorphin rush I get after the jogs, I have taken to wave/greet people who jog or walk past. As they reciprocate, I feel the warmth of the Kampung (aka village).

Sociologist Mark Granovetter calls this weak ties. In 1973, he published a paper titled "The Strength of Weak Ties" in which he talks about and explains the value of weak ties. You can read about this here: <https://bit.ly/2wXGoaf>

Weak ties not only offer comfort but a sense of normalcy that is so much needed in this time of enforced social isolation. Try it!

Recently at work in 'COVID-Central', we spoke about managing stress. A pulse survey in the hospital not only revealed high stress levels, but high staff resilience as well.

Stress is to be expected as we get out of whack with our conditioned routines to fight a pandemic. But resilience helps greatly to adapt to significant amounts of stress. Good article to read (since many of you are working from home) <https://bit.ly/3bG1vNH>

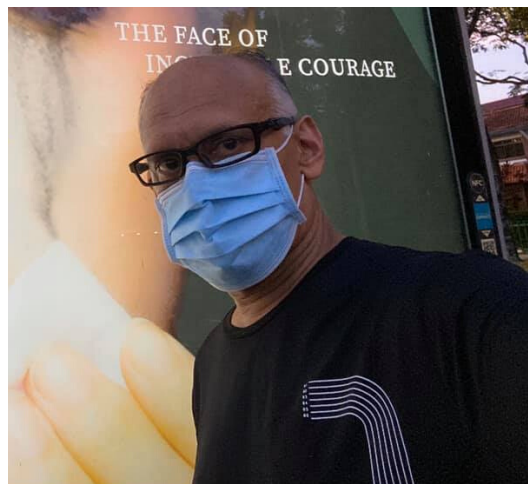
Build Resilience

One way to build your resilience is through self-coaching. Do this when you have time (like now ☐)

1. On a scale of 1-10, where are you today in your resilience score?
2. If you say 5...articulate what that five means and write in down on a piece of paper.
3. Where do you aspire to be in the next 2 weeks as CCB comes to a close?
4. If you say 6, 7 or even 10 (go for it!), how does this score look like, feel like for you? Write it down.
5. Next, what small steps can you take to make this score happen for you. Write the steps down.
6. Think about when and where you will do each step.
7. And, finally, how will you celebrate when CCB ends.

As for me, in the coming days I will:

- Connect with close friends I can talk to/confide in over Zoom
- Practice mindfulness during mealtimes (since I will be eating alone for sometime).
- Maintain a positive outlook, this will pass, it may take awhile, but it will soon pass...and finally,
- Mentally change narratives, for example, this is not social isolation, but listening and growing through ones inner voice...



Success for me in 2 weeks will sound like the Scorpion's song, 'The Winds of Change' with me seated in 'Gorky Park'.

"Take me to the magic of the moment
On a glory night
Where the children of tomorrow share their dreams
With you and me"...

Talk again in May, hopefully as CCB is lifted.

CENTRE FOR
HEALTHCARE
INNOVATION®

© Centre for Healthcare Innovation
Permission required for reproduction.