



## REGION 1 HAMMER & DANCE

August 19, 2020

**United for Ministry in the Days of COVID-19.**

The Social Service Agencies  
and Synods of Region 1.

**Dave Brauer-Rieke**, Consultant

Region 1 Lutheran Disaster Preparedness & Response

971-255-9331 [dave@climateimagination.com](mailto:dave@climateimagination.com)

“The most far-reaching heat wave of the summer is now underway across the western states. More than 150 record high temperatures will be challenged through the middle of next week from San Antonio to Sacramento to Seattle. Excessive heat watches, warnings and heat advisories are in effect for 12 states including most of California. More than 50 million people will swelter in highs over 100 degrees through next week. After climbing to a scorching 128 degrees on July 11, Death Valley is once again forecast to breach 125 degrees this weekend . . .”

[So reads an August 14 report from CBS News.](#)

Heat waves, fire, climate change and hurricanes. It is tempting to forget that disasters come in many forms. Today, though, all the ways we face disasters are complicated by COVID.



Thank you to Brigitte Yamamoto of the Spokane office of LCSNW for her insights on this.

Dave Brauer-Rieke





# Depression, ZOOM Fatigue and More.

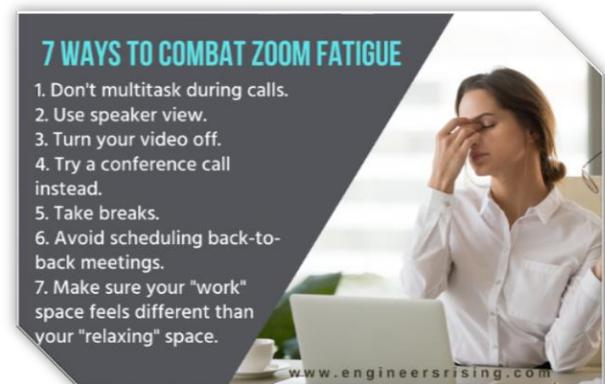
**Brigitte Yamamoto (she/hers/her)**

LCS Northwest Spokane  
SAFeT Clinical Intern  
Washington State Certified Sexual Assault  
Crime Victim Advocate

COVID-19 may not seem like a traditional natural disaster. However, there are psychological element effects of COVID-19 that resemble the same thoughts, feelings, and driven behaviors as natural disasters. Depression and anxiety are common mental health issues that can affect anyone during the COVID-19 pandemic. Simply put depression is a mood disorder. Anxiety is a physical and mental reaction to perceived threats. When speaking of depression related to the novel virus, one risk factor that jumps out is feelings of isolation. Not only is someone potentially isolating alone at home, but there are so many other nuances of isolation that haven't been given much thought. For instance, we are isolated from our normal interactive work, school, or other environments. There is no human connection, whether positive or negative, there is just zero.

The feeling of "zoom fatigue" is a real phenomenon, too. Some have meetings, classes, or other interactions via tele communication. There are new causes of stress when working solely online. There is a subtle unconscious thought of, "Do I have a solid internet connection?" "Is my computer working?" Threats of random glitches generate more stress. These new stressors, which we hadn't thought about prior, are new territory. We have to find new coping skills to address them.

Things may never go back to "normal." We are now almost required to find and create changes to meet the demands and needs of everyday life. This adds to the already heaviness of COVID. The key is to create positive new actions. This requires a new set of coping skills and support networks. Coping skills that may have worked in the past might not work for this new pandemic disaster. It takes time, energy, and focus to identify what will work. Some may say, "I tried x, y, and z and nothing helps." We have to find and repeat such skills, or find ones that have never been tried before. Finding additional skills to add to one's repertoire is a key to getting through this particular disaster.



# The 'Hammer and Dance' Shuffle

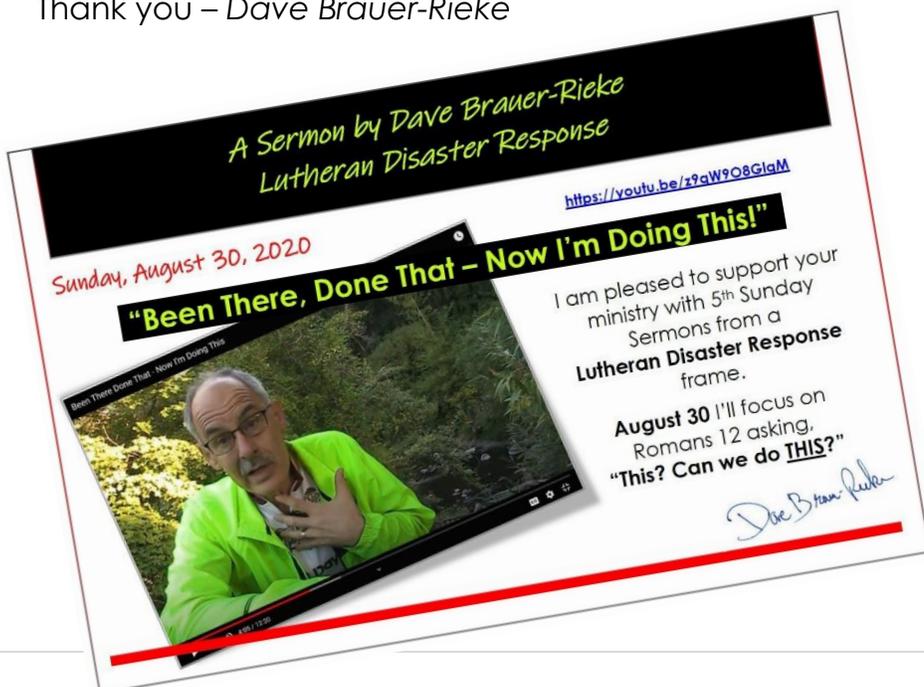
This is Issue No. 17 of the [Hammer and Dance](#). I had hoped the newsletter would be a temporary means of communication with you as we lived into Fall together - and then out the other end of COVID-19. Such is not turning out to be the case!

Beginning September 1, 2020, I am refocusing this newsletter to resource congregational leaders and members as well. Please note:

- I am moving newsletter publication from Wednesdays to Tuesdays. This is the 'beginning of the week' for many pastors and church staff members.
- The newsletter will now be semimonthly, available the first and third Tuesdays of the month.
- Email subscriptions for the newsletter will be encouraged. I would like to reach people in the pew.
- My goal with the [Hammer and Dance](#) continues to be networking, speaking into disaster concerns and resourcing those doing the work of disaster preparedness.

I value your partnership in this work and want this to be your resource as Region 1 Social Service Agencies and Synods as well. Let me help you with the work you are doing. "We can print that!"

Thank you – *Dave Brauer-Rieke*



## Subscribe Today

If you have been receiving the [Hammer and Dance](#) you are already subscribed. There is nothing you need to do.

For those who are not yet subscribed, please do so today. A subscription link is available on the [Region 1 Be Prepared](#) website. Your name and email address will not be shared or used for any other purpose, and you can easily remove your name at any time.