Maslow’s Hierarchy of Needs:

“Normal” Times: Love & Belonging, Esteem, and maybe even Self-Actualization –

During the Pandemic: Our Emotions are Focused onPhysiological Needs and Safety

-This is why it’s been hard to focus.
-This is why it feels like it takes you twice as long to get things done.
-This is why you’ve been consumed with ensuring that you have the right “stuff” to sustain your physiological needs.
-This is why you’ve been more irritable.
-This is why you’ve been craving connection.
-This is why you’ve been feeling overwhelmed.
-This is why you’ve been physically exhausted.
-This is why you’ve been like “Oh wait, there’s a paper due?”
-This is why the idea of planning for the future is the furthest thing from your mind right now.
-This is why you only have enough mental energy to focus on the immediate.
-This is why you’ve been instinctively prioritizing self care and family.
-This is why you’ve been grasping to control what you perceive to be controllable because so much is uncontrollable and unpredictable right now.

-This is normal.
-You are not a slacker.
-You are not “crazy” (Yeah, I know we hate that word).
-You should not compare yourself to others.
-You should not buy into the narrative that you must emerge a “better person”.
-It’s ok to not be as productive - we are experiencing trauma on a global scale.
-It’s ok to “just be” and feel the way you feel about what’s happening around you and/or to you.
-It’s ok to seek help. COVID-19 is a crisis that threatens both our physical and psychological wellness.