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MAY NEWSLETTER

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Unemployment in COVID-19 - How Should You Cope With It?

ZiQing Kuang

During the past year, millions of people across the country have been dealing with job losses whether it's temporary or permanent. Unemployment can lead to numerous mental health challenges such as anxiety and depression. It can leave you feeling confused and helpless as a pandemic you have no control over takes over your entire life. Some emotions and experiences you may go through during unemployment can include:

1. Difficulty paying for basic necessities
2. Reduced social interaction
3. Unhealthy coping skills
4. Anger, fear, and jealousy of others who can still work
5. A loss of identity and sense of purpose

The first step in combatting these thoughts is accepting that how you're feeling is expected and normal. Remember that you are human. Your response to an unexpected downfall is completely common. Remember to take a deep breath and step back for a moment if it becomes too overwhelming. From there, you can try to manage your perceptions and your mindset about the situation you are currently in.

Acknowledge your grief

It is common to feel the stages of grief (**denial, anger, bargaining, withdrawal, and acceptance**) when going through a life-changing experience. The best way to cope with this is to address your feelings of grief as you would with any other loss. Your grief could possibly stem from losing the activities from your job that give your life meaning and purpose. You could be grieving the career accomplishments you were able to achieve that add to your identity and purpose or the relationships that you built with your co-workers.

Address your emotional distress

There are many ways you can tackle how you feel about the problem of unemployment while taking care of your body, mind, and soul. Getting plenty of sleep and eating healthy meals can manage your emotional distress and help your mind function at an optimal level. Structure your day and stay on a schedule. This can help you create time to apply for unemployment, manage your payments, and search for helpful resources. During this time, it would also be helpful to update your resume. It could increase your chances of landing a job when applying for new positions. Another way to address your emotional distress is to eliminate unhealthy coping skills. When faced with difficult situations, you might be tempted to turn to food or alcohol. But turning to these alternatives could create more problems in the long run. If you are feeling depressed or anxious, contacting a mental health professional seems like an appropriate option.

Seek out resources

If you are unable to provide basic needs for you and your family, you can seek out community resources for assistance and unemployment help. This includes receiving basic needs, such as food and shelter. You can visit local food banks near you or get affordable health insurance on [HealthCare.gov](https://www.healthcare.gov). You can also seek assistance from any local non-profit organization in your area.

Focus on the present moment

During the stage of unemployment, it can be difficult to be optimistic. You may feel the need to dwell on the past and focus on regrets and concerns. If this happens, remind yourself to focus on what you can control at this moment. Bring your thoughts back to the present, and focus on your breathing when negative emotions occur. To train your mind to be more optimistic, you can also practice mindfulness and meditation. You can also increase your self-worth by making lists about yourself.

For example:

- What you can control
- What you're good at
- What you know
- What you love/care about

Virtual Concert Ideas

ZiQing Kuang



Music will always be a constant factor in human lives no matter what changes occur around the world, even during a pandemic! Humans' love and passion for music have continued to spark positivity and joy in their lives, even during the unprecedented times of the pandemic. Whether it be classical or pop music, music has always inspired people to persevere and live through whatever situations they might be stuck in. And that is why we have compiled a list of a few virtual concert ideas to keep you on your toes.

1. Host an orchestra/symphony concert

If you are a part of a symphony and play an instrument that you are passionate about, you can think about hosting a Zoom concert. This would be a clever way to raise money for charity or for a good cause, and you can invite your friends and family to join the Zoom call and listen to you play your favorite instrument! This can also prove to be a bonding time between you, your friends, family members, and loved ones.

2. Plan a children's choir concert

If you work with children and are thinking about doing a virtual event, a fun idea would be to plan a children's choir concert online. Plans would include choosing a set of songs to teach the children, commit and practice with them, and find a day and time to host the virtual concert. This would be the perfect opportunity to bring the children together and make memories the children can cherish for a lifetime as their families and friends enjoy their singing online.

3. Host an individual concert

If you are a professional artist, a great way to continue your passion for music during the pandemic is to keep performing. Invite people to an online live stream or concert to listen to you perform, whether it be playing the piano or singing opera. If you live stream your talents on Instagram or Facebook, you will most likely attract others who have the same passion as you. This would allow you to make friends while doing the thing you love the most!

4. Plan a talent showcase

Planning a talent showcase would be a great way to include other talents that don't exactly fit in the music category. Participants can show off their other skills, perhaps stand-up comedy or a picture painting. Again, finding ways to unite the community while learning about each other is an encouraging and inspiring way to spend time with people during the pandemic.

5. Research about other online concerts

If you are a fan of a specific artist or band, you can do research online about their upcoming virtual events or concerts. Well-known artists such as Billie Eilish and Justin Bieber have been hosting their own live streams and singing their fans' favorite songs. If your favorite band is hosting its own virtual event, you can join and listen to your favorite songs live while sitting in the comfort of your home.



What Happens If Climate Change Adverse Effects Are Not Reversed?

Rune Davino-Collins

Global anthropogenic climate change – that is, the change in the world’s climates on a global scale, caused by human intervention – is considered a serious problem by such organizations as NASA, the IPCC of the United Nations, and the World Meteorological Organization. The science is clear: the global human industry has changed the planet drastically, and we are in the middle of a worldwide extinction event that humans are causing. Frustratingly, it’s difficult to get people in positions of power to care about entire ecosystems, so this blog article will instead focus on how global climate change continues to affect human communities in the US and what will happen if the adverse effects of climate change are not reversed? An increase in average global temperature of only two to five degrees Celsius has been correlated to a marked increase in hurricane frequency in the Atlantic Ocean. Now, there is no hurricane “season;” storms occur year-round, to the point where our convention in the United States of calling each consecutive storm by a name starting with the next letter in the Latin alphabet has been insufficient, and we have had to resort to the Greek alphabet as year after year the American Eastern seaboard sees more than 26 hurricanes.

Natural Disaster’s Negative Impact on the Minority Communities in the U.S

As was infamously illustrated during the disaster following Hurricane Katrina in 2005 and subsequent hurricanes since, such storms disproportionately affect communities of color in the United States, robbing them of their homes, families, and livelihoods far more frequently than their white neighbors and with little structural hope of redress. We cannot address the dangers of global climate change without also paying attention to the structural inequities in how this threat affects us as a society. Storms are not the only danger presented by the rising temperatures. Droughts and heatwaves in the Southwest have only gotten worse year by year, and this very weekend in April, the American Southwest is predicted to break temperature records in the triple digits according to the National

Weather Service. California’s wildfires have been in the news since the Camp Fire of 2018, which took 85 lives and cost the state of California \$16.65 billion to contain.

Climate Scientist’s Predictions for Climate Change

Climate scientists are mostly in consensus that we cannot completely reverse the effects of global climate change; we are past the point of irreversible changes to the planet’s climate and how life functions on the land and water of Earth. But if we continue on our current path, we will quickly make the Earth uninhabitable for human life. The problem lies partially in the capitalist model on which we have built our industrial societies. This model is built on the axiom that resources are infinite, allowing for infinite growth. But as we know, and as we’re literally observing in our lifetimes, the Earth is not infinite. There are limits to how much industrial activity it can sustain before it starts to shift its equilibrium, and we are well past those limits.

Verdict

In order to make the enormous, holistic, sweeping systemic changes necessary to salvage our chances and our future generations’ chances of living on this planet, we must fundamentally reorganize our relationship with the concepts of resources, labor, value, and environment. We must conceive of ourselves not as separate from the Earth and entitled to its riches, but as part of the Earth and stewards of its future as well as our own. Environmentalism and humanitarianism must thus coexist in our political projects - it is only then we will truly evolve in a healthy environment devoid of causing any further harm to the already deteriorating climate change of the ecosystem.



Best Piece of Advice I've Ever Received

Eman Khalid

The best piece of advice I've ever received was not from a person. Rather, it was from a movie. In the 1989 film, the Dead Poets Society, the character of Robbin Williams, John Keating states in one of the scenes, "You must strive to find your own voice because the longer you wait to begin, the less likely you are going to find it at all. We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race. And the human race is filled with passion. And medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for. To quote from Whitman, "O me! O life!... of the questions of these recurring; of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?" Answer. That you are here - that life exists, and identity; that the powerful play goes on and you may contribute a verse. That the powerful play *goes on*

and you may contribute a verse. What will your verse be?"

I saw this movie for the first time when I was in 11th grade. However, these lines have been imprinted on my heart since then. I heard these words when I was going through a difficult time. I was in a turmoil of uncertainty and self-destruction. As a child, young and naive, people always pointed fingers at me and somehow forced me to pursue a certain career. I never once stopped and asked myself, what do you want to do?

I knew the answer, it was writing. I wanted to write. I loved art, poetry, and literature. But somehow, society made me believe that having these interests added no value to my life until I heard the aforementioned words of John Keating in the Dead Poets Society. It is a movie everyone should watch if they're trying to find their meaning in life

Exclusive Interview with Business Coach Sonia Daniels

Eman Khalid



Sonia Daniels, also professionally known as Dr. Daniels, is the owner of S. Daniels Consulting, where she provides community-centric business solutions for mission-driven organizations. She also works as a nonprofit organization. Dr. Daniels was born and raised in southwest Louisiana and currently lives in Baton Rouge, Louisiana. Dr. Daniels also has a Ph.D. in Public Policy, a master's degree in Public Administration, and a bachelor's degree in General Studies. When she is not working hard, she loves to travel internationally, venture into the outdoors for fishing and camping, and delve into painting and other visual arts. Sonia Daniels is a sucker for afternoon naps, Waffle Houses at midnight, and house plants.

Interviewer: Can you tell us about your journey towards becoming a business consultant? Did you always want to become a business consultant or did you stumble upon this career by coincidence?

Dr. Daniels: 2016 was an extremely hard year for me and at the time I had a job that asked me to quit instead of providing me with some time to recover from the things I had going on. It was an extremely difficult experience for me to have a job that was so unforgiving, so I decided to start my business with the mindset of knowing that if I worked for myself, no one could ask me to quit or fire me from a job.

Interviewer: What advice would you like to give to the individuals looking to launch a business or a side-hustle of their own one day?

Dr. Daniels: My advice would be to launch something that keeps you excited (because why would you put your energy into something you hate?! I absolutely love nonprofit work, so my business makes me excited. I'm also a problem solver by nature, so my business allows my best skills and my passions to exist in one place

Interviewer: Is launching a side-hustle along with a full-time job a good idea?

Dr. Daniels: Yes, it is actually a great idea to work a job while building a business or side hustle. It provides stability because growing a sustainable business takes time. For a while, I thought I had to quit my job in order to focus on my business, but I realized the benefits of working a job while growing my business. The key is to have a job that provides flexibility and support. Business finances are not consistent like a paycheck, so unless a person has a solid financial backing, I would suggest working concurrently with launching a side business.

Interviewer: Should college students launch a side-hustle along with pursuing their full-time degrees? Why or why not?

Dr. Daniels: I think it can be a good thing. It really just depends on the individual's goals and what they are seeking from having a side-hustle. Dabbling in side-hustles allows people to really figure out what they like and do not like, without the hassle of applying and interviewing for jobs and then finding out you're not a good fit or you hate the company.

(For Full Interview, Visit the Official Blog of Unity for Equality!)



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