WHAT'S IN THIS ISSUE

Care-Mongering and the Power of Choices
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Fishmonger: someone who sells raw fish and seafood (Google Dictionary).

Care-mongering: if you are not familiar with this word, it's because it is a new word born two weeks ago in Canada. The idea was to replace the spreading of frightening information or rumors, commonly defined as 'scare-mongering', with the spreading of camaraderie and community. So, people coalesced in Facebook groups and deployed their resources to support those more exposed to the risks of the coronavirus.

Although care-mongering is a new word, the idea behind is not. Daniel Kaufmann from the Brookings Institution defines it as “solidarity and mutual help turned into concrete community action.”

As a form of organized support, care-mongering reflects our beliefs and experiences: for example, when there are five hand sanitizers left on the shelf, I can decide to purchase only one piece and leave the others for those who will need them as much as I do. Or I may decide to donate the extra pieces that I purchased to people who do not have any. At OU, a way to do so is via the Food Pantry. The common thread in those scenarios is that we need to make individual decisions to impact the well-being of our community members. In short, thinking before acting for the common good.

Sharing food or supplies is but one way to enact care-mongering. People also share information. For example, if you visit the supermarket and notice that they have milk, you can post that information to the care-mongering Facebook page servicing your neighborhood.

Care-mongering can benefit the health of the spirit and the mind in addition to the body. Many museums have opened their virtual doors to the world. Many theaters have done the same.

As many of us see new needs, we may jump on the opportunity to learn new skills and to share. As did Rosalinda Espinosa, an industrial and systems engineering senior at OU, who learned to sew face masks for non-clinical health workers. We can also continue our learning experience by exploring words such as "intersectionality" and their implications on people’s life.

So, why nurture a sense of community and solidarity in times of social distancing? Because systemic change occurs through a collective action that depends on the choices of single individuals. If “custom is the great guide of human life” (D. Hume), “to exist means to be able to choose” (S. Kierkegaard).
When students and faculty left campus for spring break, they did not imagine that classes would be moved online for the remainder of the semester. When employees learned about the temporary closure of campus, they thought that campus life would resume to normal in one week.

As everyone is grappling with rapid change, uncertainty, and anxiety it is important to take care of one’s emotional health. Dr. Hyppolite, vice president for diversity, equity, and inclusion, has shared some advice from one of her favorite bloggers and tweaked it for the new normal at OU.

1. Focus on what you do know as opposed to what you don’t know
Whenever you notice that your anxiety is leading you to contemplate “what-if” scenarios straight out of World War Z, resist taking the bait. Instead, focus on the facts. Find ways to stay connected with coworkers, family, and friends living across town, in a different city, state, or other countries. You can call, video chat, or even send letters to stay connected with them.

2. Focus on what’s in your control as opposed to what isn’t
When you feel overwhelmed, take a pause from whatever you’re doing and shift your mind to thinking about what’s within your control. For example, if you’re in the grocery store, you can’t control whether other shoppers have washed their hands, but you can put on gloves, use your elbow to open doors, and clean your hands thoroughly as soon as you get home. If you’ve been asked to work from home, you can’t control when you are allowed to return to the office, but you can make a list of tasks that you can accomplish from home.

3. Help others focus on what they can do as opposed to what they can’t
Whenever you feel powerless, focus on the actions you can take instead of those you cannot. If you’re a parent and you’re worried about your children feeling stressed and anxious, it’s especially important to help them focus on what they can do as opposed to what they cannot. You know a few things all kids can and should do? Chores and school work. Tasks and class assignments are useful in times of stress because they allow you and your kids to take action and, by doing so, counter your feelings of helplessness and powerlessness.
4. Help yourself by helping others
Whenever you feel paralyzed by difficult feelings, one way to get unstuck is to help other people who are in need. Check on a neighbor who lives alone, text a friend who works in a business that’s been hit hard by the pandemic, or call an elderly family member to say hello. If any of your friends or family are struggling with feelings of anxiety, communicate what you’ve learned. It is vital to manage worries and anxiety. Practice kindness and helping others. SoonersHelpingSooners is a fund that could use all our support as we work to continue supporting students during this difficult time.

5. Limit your news consumption
The situation throughout the world is changing and developing by the hour, which is keeping many of us glued to the news or social media. However, when the story is especially stressful, it’s imperative to find a balance between keeping informed and not becoming overwhelmed. We need to give our minds and bodies as many opportunities as possible to de-stress and recover, which means taking breaks from all stress-inducing activities such as news consumption or conversations about the news.

6. Keep your perspective
Right now, it can be hard for any of us to see the light at the end of the tunnel. But this emergency situation will eventually resolve. We don’t know if it will be in weeks or months, but humans are highly adaptable creatures, and life will seem normal again soon (although it might be a “new” normal). We can take steps to actively manage our emotional health when we’re stressed or distressed, and we can communicate with each other and our loved ones and stay connected to them. And once we do, we’ll emerge from this crisis, having gained something of greater value—increased resilience, understanding, and empathy.

On March 7 and 8, the OU tribal liaison, Warren Queton, was a special guest at the powwow celebration hosted by the San Carlos Apache Nation in Arizona. The intertribal social event gathered the tribes to share and celebrate their respective Indigenous culture and identities. During the powwow, Queton was an honored guest serving as the head guard dancer.

He was also invited by a family from San Carlos to witness a beautiful “Coming of Age” ceremony of their daughter. March is Women’s History Month and this ceremony reinforces and honors the important roles that Indigenous women uphold in tribal communities.

The University of Oklahoma continues to reach out and establish relationships with tribal Nations across the United States. The tribal liaison's presence at the powwow and the coming of age ceremony attested to the relationship building with the San Carlos Apache Tribe from where several OU students came.
On March 11, the Office of Diversity Equity and Inclusion and the Student Affairs Office hosted the Yale-Oklahoma Sovereignty Tour with Yale students. The all-day event featured educational presentations from the OU School of Dance Five Moons Dancer Festival, Department of Native American Studies, Film and Media Studies, Jeannine Rainbolt College of Education, and Fred Jones Jr. Museum of Art.

The afternoon and evening was composed of a friendly stickball game on the South Oval and a powwow singing fellowship at the Jacobson House. The events focused on educating students on responsibility to community through cultural competence.

The tour also explored approaches in which universities maintain an institution-to-institution relationship with Native Nations.
Health Sciences Center

Expected Effects of COVID-19 on Lower Socioeconomic Classes

By Danielle Pullen

The coronavirus pandemic will forever change the world. All future practices of interaction in the workplace, at home and in social gatherings will be effected by COVID-19. At present, though, communities that may be mostly affected are those in the lower socio-economic bracket, including some marginalized groups.

Some of these people live paycheck to paycheck and may be more susceptible to being laid off or to experience a reduced work schedule. The financial consequences may be dramatic even if President Trump has ensured that foreclosure or eviction will be postponed to the end of April. In fact, some families may still struggle to buy groceries, toiletries, medication or to pay bills.

Others who are in the lower socio-economic bracket may work overtime, with an increased risk of becoming exposed to the virus. If they cannot afford health insurance, contracting the virus may jeopardize their lives in addition to their scarce finances.

The coronavirus outbreak is more than just the risk of being infected. Fear of the unknown and uncertainty are inhabiting the lives of many citizens. COVID-19 truly is changing the world with lasting effects both in the present and future on all of us.

At OU, we are in this together.

By Danielle Pullen
COVID-19 can affect all of us. Therefore, it is important to increase awareness, stay connected, and share information and resources. That is the purpose of this page.

If you are aware of additional resources not listed below, please email us at diversity-inclusion@ouhsc.edu.

Click here to access the evolving list of community resources for LGBTQ+ community provided by Freedom Oklahoma. Click here for resources assisting with member from the deaf and hard of hearing community.

Mental Health Mondays are still being scheduled on the HSC campus via ZOOM. Now you can join a live discussion while following healthy practices with social distancing! Follow this link at noon on Monday, March 30, 2020 to participate.

Click here for podcast enlightening podcast about the rise of xenophobia, stigmas and violence toward the Asian community following the coronavirus spread.

The Office of Diversity, Equity, and Inclusion recognizes that during a time of crisis being prepared and able to understand and support our communities is critical. Contact us at diversity-inclusion@ouhsc.edu.
The Student Affairs office in Tulsa is currently exploring the possibility of virtual programming for the near future. Right now, the entire office is singularly focused on assisting two Student Health staff with the logistical side of administering the university's travel policy, which involves screening the travel history and exposures for all OU-Tulsa employees and students.

It is a team effort!
EVENTS: APRIL

NORMAN CAMPUS

April 8, 15
#WeAreTogether - Town Hall
4-5 p.m., Online, Register here

April 8: Coalition Building; April 8: Mental Health;
April 15: What's Next: An open discussion about
moving forward post COVID-19

Monday, April 6
Intertribal Hymn Singing
7 p.m., Online, Register here

Thursday, April 23
Indigenous American and APIDA
Faculty Research Symposium
11 a.m., Online

HEALTH SCIENCES CENTER

Monday, April 2nd
Mental Health Mondays: Talk the Talk
Noon-1 p.m., Via Zoom

Have you ever wondered why it is easy to see
the negative in almost any situation? In this
session, you will learn about the "negativity
bias" and how you can reclaim the positive
through gratitude. This is the fourth
presentation of a four-part series on stress and
performance. Click here to join the meeting.

TRAINING: APRIL

NORMAN CAMPUS

Update on the First-Year Diversity
Experience - FDE

Turning the challenges of social distancing
into an opportunity, the Office of Diversity,
Equity, and Inclusion has moved the First-Year
Diversity Experience training to an online, self-
paced format.

Students who have not yet completed the First-
Year Diversity Experience training will receive
an individual link via email by April 1, 2020. The
online training must be completed by May 1,
2020.

If you know of someone who needs to
complete training but has not received the link
by April 1, please ask them to send an email to
the Office of Diversity, Equity, and Inclusion at
diversity.training@ou.edu

Please notice that events' dates and locations are subject to change. Visit our website for updates.

HEALTH SCIENCES CENTER

Update on the Everyday Bias in Health
Care Professionals

The workshop is currently suspended, but we
will resume once it is safe to meet in person.
TRAINING: APRIL

NORMAN CAMPUS

Unlearning Classism
April 7, 9-12p.m., Online, Register
At the end of the workshop you will:
• Define terms
• Understand wealth distribution
• Recognize classist myths
• Identify intersections of our class identities with our other identities
• Develop strategies to combat classism

Unlearning Racism
April 16, 9-12p.m., Online, Register
At the end of the workshop you will:
• Develop understanding of racism
• Learn from and challenge each other
• Discuss examples of race related to OU specific situations
• Develop strategies to improve university climate

Unlearning Ableism
April 23, 9-12p.m., Online, Register
At the end of the workshop you will:
• Define terms and concepts
• Identify history that shaped definitions
• Better understand disability in higher education
• Recognize ableism in ourselves, communities, and institutions

Unlearning Sexism
April 28, 9-12p.m., Online, Register
At the end of the workshop you will:
• Define and provide examples of sexism
• Articulate personal and societal impacts of gender-based violence
• Identify how sexism impacts people
• Construct three meaningful ways to confront, resist, and educate

HOW TO CONTACT US

OU - NORMAN
Click here to visit our webpage at the Norman Campus
Email: diversity.inclusion@ou.edu

HEALTH SCIENCES CENTER
Click here to visit our webpage
Email: diversityandinclusion@ouhsc.edu

OU - TULSA
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United We Stand

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