

SINGULA 1 INSTITUTE

Continuing Messages of Hope in a Time of Uncertainty



Dear Singula Community,

It has been a harrowing time as we transition to a "new normal" and make efforts to remain positive through an uncertain path. What can keep us going through these times of

uncertainty is finding or re-capturing our sense of purpose.

At Singula Institute, we have become more determined and impassioned in our mission. As a result of this pandemic, we know how much this has impacted us all. And, we know how much we have to pull together to help one another through this dark period of time.

For this reason, I have been able to work on two simultaneous projects with two different communities (***Asphalt Green*** and ***University of Pennsylvania***) with the goal of disseminating information and providing support to our communities.

As a part of our educational offerings through **Singula's Social Impact Community**, I was able to organize and coordinate with the ***Asphalt Green*** community, a 5-part virtual series called: **AG Masters Community Resilience Against COVID-19**. The first session, led by myself, entitled, "*Understanding and Managing Our Anxiety during the COVID-19 Pandemic*" conveyed the different aspects (past, present, and future) of this crisis that deeply impact us. We spoke about how our transition to a new and restricted way of living has prompted an emotional grief process that deserves time for individual reflection as well as well as active engagement among our network (e.g. supervisors, coworkers, partners, family, friends, and financial advisors) to keep us emotionally connected as well mitigate impacts to resources necessary for survival (e.g. financial). We discussed the 5 universal human fears (death, abandonment, failure, impending pain, and loss of control) that are being triggered simultaneously with the solution of building plans for things that are in our control, while accepting the things that are not.

It was a pleasure to work with members of the ***Asphalt Green*** Masters Swimming Community, most of whom are also members of the ***Singula*** community. Dr. Elizabeth ("Stella") Dellamora provided a live workout session that allowed people to find physical and mental wellness out of the swimming pool. Mr. Tommy Gallagher and Ms. Gina Sockolow walked us through how the pandemic has impacted the behavior of the stock market, and what we can expect in terms of the short term instability and eventual return of stability to the market. MaryBeth Moore presented a discussion amongst small business owners about how to shift goals, expectations, and brainstorm ways to keep connected with our clients. Our last session led by Susan Quigley, CFP provided us with pragmatic ways to remain financially stable during this period of time.

Our second project is a soon-to-be published article of hope entitled, "**A Bridge Along a Shared Uncertain Path: A Conversation between a Psychiatrist and a Priest**" cowritten by myself and Reverend Charles L. Howard, University Chaplain at the ***University of Pennsylvania***. We know that success will require a common understanding of our adversity, and a unified hope of recovery, therefore we wrote this piece to answer the call for building a unified societal resilience

during the COVID-19 crisis.

As we move through these uncertain times, in addition to focusing on self care and remaining connected with our network, it is important to learn as much as we can from public health experts (epidemiologists, infectious disease doctors) and mental health experts to keep us from jumping to unnecessary conclusions. I will be in touch again with you again soon!

Public Health:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.who.int/health-topics/coronavirus>

<https://coronavirus.jhu.edu>

Mental Health:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

Regards,

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