

Rx

PATIENT: you

ADDRESS: home

PRESCRIPTION:

*Living Into Your Next Season*  
Moving Forward After  
the Crisis of 2020

SIGNATURE: your name      DATE: Today

Leslie W. Braksick • Mark Linsz • Debbie Dellinger • Marty Gervasi  
Margaret Grun Kibben • Peter Lichtenthal • Austin Braksick

flattening the curve drive-through testing  
 slowing the spread wipes WHO stay-at-home orders CDC  
 pandemic #confirmedcases rise up airborne face masks  
 daily briefings social distancing lockdowns  
 Governor Cuomo #activecases SGN pay cut water droplets takeout-only  
 hand washing RONA 6 feet PPP  
 hope furloughed isolation disinfectants physical distancing essential workers  
 daily incidence New York City fever screening ventilators  
 Johns Hopkins Center for Health Security work-from-home  
 vaccine crisis of 2020 contact tracing #deaths surgical gloves  
 Dr. Fauci toilet paper PPE #newcases quarantine test kits  
 Zoom reopening online teaching China Italy Lysol  
 relaxing social distancing

With heartfelt thanks to the dedicated, selfless, and compassionate nurses working tirelessly to keep us safe and help us heal . . . every day.

All proceeds from the sale of this book will be donated to The Foundation of the National Student Nurses' Association (FNSNA) and their mission to provide scholarships to qualified nursing students.



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# DEDICATION



To the frontline medical workers who were  
there for us when we needed them most,  
and to the family members and friends  
of those who succumbed during this crisis.

# THANK YOU



*... to the healthcare workers who took care of us;*

*... to the teachers and professors who still found a way to teach us;*

*...to the corporate leaders who cared, communicated,  
and led boldly, to ensure business continuity;*

*... to churches and synagogues for reaching out  
and creatively keeping us spiritually fed;*

*... to the grocery store owners and workers  
who made sure we had food and supplies;*

*... to the essential workers who left homes to meet our needs;*

*... to the friends and family who shared humorous  
memes, videos, and photos to make us laugh;*

*... to the delivery companies and their employees  
who have continued to bring us both the essential  
and not-always-essential but welcomed packages;*

*... to the trainers, chefs, designers, and others who have  
freely shared their talents with us online so that we might  
learn new skills and be engaged physically and creatively;*

*... to Zoom for giving us free access to  
video connections that sustained us;*

*... to parents of school-age children, for becoming teachers  
and childcare workers while balancing full-time jobs  
and other new responsibilities;*

*... to elected officials who worked across partisan lines  
to get financial relief to individuals and small businesses;*

*... to people who made masks and hand sanitizers for others;*

*... to the businesses that switched products and collaborated  
with other companies to build ventilators;*

*... to John Krasinski and Some Good News (SGN)  
which made us laugh and cry;*

*... to musical ensembles who shared their gifts and touched our souls;*

*... to Roger Goodell for having the most fun  
NFL draft ever from his basement;*

*... to co-workers who have been on the other end of a Zoom meeting  
where a young child or pet made a guest appearance, for patience  
and understanding as we have all adapted to work-from-home life;*

*... to Peloton (with their 90-day free app membership)  
for helping us ward off the quarantine 15;*

*... to SNL for broadcasting from their homes;*

*... to Netflix and other streaming services for feeding  
our heightened need for binge-watching;*

*... to everyone for staying home.*

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## PREFACE

LESLIE W. BRAKSICK, PHD, MPH



*We do not learn from experience . . . we learn from reflecting on experience.*

—JOHN DEWEY

The crisis of 2020 has affected the lives of every single person in the world—directly or indirectly. Even if you and/or your family were fortunate enough to escape the illness, you have been impacted by stay-at-home orders, or the closure of businesses; the cancellation of sporting events, concerts, and theater; the shift to online schooling; postponement of elective medical procedures; adult children living with you; the inability to visit an elderly relative or someone you care about in the hospital. Perhaps you've been tragically impacted by the death of someone you cared about, workforce furloughs, or reductions in staff.

Many of us have been touched by postponement of graduations, award ceremonies, trips, flights, meetings, or celebrations. All of us have been asked to stay at home, wear a mask when we go out, and stay six feet apart from any other human. In my case, after 30 years of weekly air travel for business, I have been grounded and ordered to sleep in my own bed every night, after working all day doing what I love from my home office. My days now end with a long walk, a homemade dinner, deep conversations with my husband and adult daughter, and nightly prayers that the bad parts of this global pandemic end soon, with flattened curves, a vaccine, and greatly reduced spread and deaths—while the best parts of what have come from it—last forever.

The pandemic of 2020 has spared no one. It is an “intervention” unlike any other of our generation—and everyone is affected by it in one way or another. So it begs the question: where to from here? What do our collective and individual next seasons look like? How do we take learnings from this to help us through future, not-yet-known crises?

That’s what this book explores and encourages you to be intentional about.

The authors of *Living Into Your Next Season: Moving Forward After the Crisis of 2020* specialize in helping people make significant transitions in life and careers. They are colleagues at MYNEXTSEASON, an organization whose mission is to help people pivot from their main careers/lives to their next seasons . . . carrying forward the best of what they wish to continue or find, and leaving behind the habits and practices they wish to shed. They were selected, specifically, to bring different voices to this topic.

These authors have come together, in the middle of the crisis, to share stories, highlight heroes, put words to our collective experiences, and provide some wisdom as we all transition into a new normal—one that has the potential to be better than the one we knew before.

They share experiences of others, insights gleaned, and frameworks to encourage us to move forward from this unique, unwelcomed time in our lives and history in ways that make us all better for having been on the journey together. And they give us words of hope and encouragement for the future—when we will, sadly, find ourselves navigating other crises.

**Chapter 1** opens with the many ways this pandemic *interrupted our lives*—and the opportunity we have to make that interruption count for something bigger.

**Chapter 2** provides lessons and examples of leadership through times of crisis. We have been inspired by many acts of leadership all around us—that made a difference.

**Chapter 3** is written by a 25-year-old manager, husband, and father—and offers an honest and vulnerable account of how this crisis made him better in all categories of his life.

**Chapter 4** acknowledges the significance of *lives upended* during this strange time. The author will share interviews with folks who have been impacted in a variety of ways by the pandemic crisis.

**Chapter 5** remarks on the faith that has been necessary to endure this period: Faith in the face of the countless challenges to our daily lives that have threatened to deny any reason to hope. Faith in the face of the unknown which this time of uncertainty and transition has imposed on our sense of order and stability. And it's our faith—in our families, in the medical providers, and in our understanding of an ultimate power—that will enable each of us to thrive in the face of the adversity of these days.

**Chapter 6** gives you some pragmatic tools and stories about finding and *transitioning into your next season*.

**Chapter 7** invites you to *reflect* on lessons learned in this season and hear advice from experts who help people make career and life transitions, on how to carry forward with our intentions for changes in our lives.

**Chapter 8** helps us take concrete steps to *move toward* the new life we want to live into next.

**Chapter 9** concludes with the recognition that as humans, we are incredibly resilient creatures. We will persevere with the new normal after this crisis. And there will be other things down the road that call us to show *resilience, gratitude, and grace* as we navigate adversities and pursue joy in our next seasons.

We have been and we will continue to be changed by this. We have been saddened and joyful; disappointed and inspired. We will never be the same as we were before the crisis of 2020—and we shouldn't be, if we allow this time to make us better. So let us all move forward even while we are still navigating challenges, and be our better selves.

If we don't find silver linings in the tragedies of our lives, and become better as a result, then the tragedies win.