hummingly™

Pandemic Pack

Origin story

Hummingly is the creation of Elizabeth McNaughton and Jolie Wills, a duo who have worked in disasters around the world for more than two decades. They create easy to use tools that individuals, communities and workplaces around the globe access to do well in tough times.

To create the Pandemic Pack Elizabeth and Jolie joined up with physiotherapist and founder of Limber – Bart de Vries. The pack consists of 30 cards to help individuals and communities navigate the challenges of living during a pandemic.

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Pandemic Pack

Dealing with disruption—cards to get you through.

These cards are packed with experience from disaster and disruption, backed by science, ready to help you and those you care about. Use this digital version of the cards in whichever way works best for you.

We'd love to hear how you're doing and how you've used the cards. Share your experience on social media using #pandemicpack and #hummingly.
Kia kaha (stay strong), we're all in this one together.

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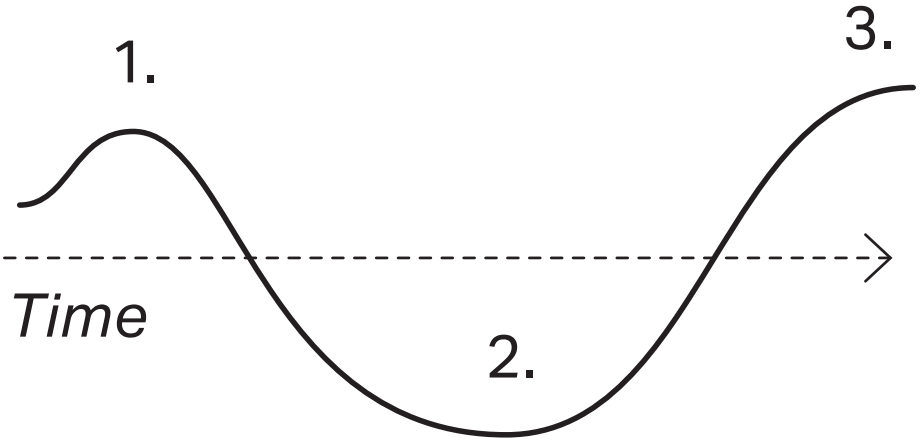
How some people describe their journey

1. Adrenaline is flowing. People pull together and there's a shared common experience and a united vibe.
2. Delays, set-backs, and uncertainty lead to exhaustion. It's hard to see growth as a possibility, but it is.
3. People can grow from mass disruption.



COVID-19 is a tricky one. Expect bumps and backsliding but remember growth is still possible.

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A flood of expectations

When you are drowning in expectations, look deeper - which are real, which are you putting on yourself and which can you say no to?

Saying no means you can say yes to the things that matter most.

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Drowning in technology?

Technology is both a wonder and a worry. Has it seeped into your every waking moment?

What tech-free time can you build into your day? Swap a chunk of screen-time for books, board games, conversation, a hot bath, stretching...

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Sand in your undies

"The stress of work and family life and being stuck at home was getting too much. The partner I had loved for so many years started to feel like sand in my undies – a constant irritation."

— Sally, Australia.

Times like these are tough on relationships. Under severe stress, you and your partner are likely to have different triggers and ways of coping. It can be good to identify what these are to help you understand each other better.

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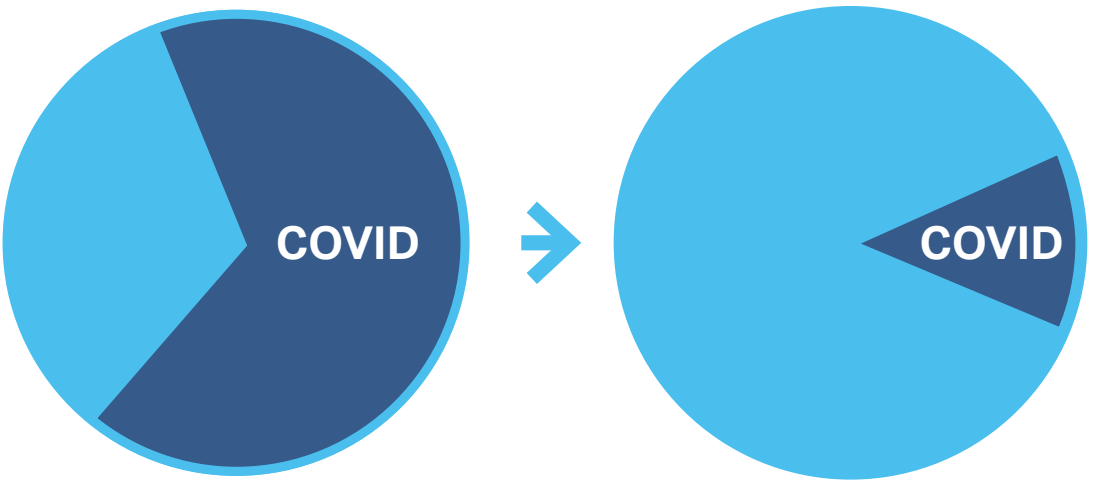
We are what we eat

If your day was represented as a pie – would it be too COVID-flavoured?



What we consume we absorb – it becomes part of our thinking, feelings and actions.

Take charge and be thoughtful about your social media intake, your news consumption and conversation topics. Experiment with finding the right balance of flavors for you.

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By design

Through the ages, humanity has survived all manner of calamities and so can you. We are designed this way.

It can help to remember the old saying, 'this too shall pass'.

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Boost your immune system

Eat well.

Move your body.

Drink water.

Sleep as best you can.

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Wisdom from adversity

Disruption on a huge scale can teach us so much if we're open to it.

As hard as the pain or loss can be, many people grow from adversity. This can look like closer relationships, new skills or opportunities, a deepening spirituality and an appreciation for what's important in your life.

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Wallow window

Opening a window of time for a guilt-free wallow has its benefits.

Making like a hippo and having a good wallow helps us to feel, to express and to process. Let yourself do this for a bit, but in the long run it's a road to nowhere and you can get stuck. It can help to set yourself a time limit – your wallow window.

**But if you're having trouble closing that wallow window, reach out for more support – sometimes we need a hand to get out of the mud.*

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Love in times of COVID

During times of threat and uncertainty, we find ourselves asking life's big questions. What really matters most? Chances are, it's your people and your love for them.

Who matters to you? What can you do today to show you care?

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Embarrassment is redundant

"I have been made redundant before and it is a terrible blow: Redundant is a rotten word because it makes you think you are useless."

— Billy Connelly

You have been caught up in a wave of global disruption beyond your control. COVID makes embarrassment about anything you may have lost redundant. As hard as it is, try not to take it as a reflection on you.

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Overload

Do you have less space to take on or listen to other's problems? Not up to socializing? Are work colleagues quicker to rise to battle?

It is so normal for your emotional and social world to get a bit shabby at this time. Take the space you need and be gentle on yourself and others.

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Relax that body

The COVID threat puts your body into ‘wind up’ mode so you’re ready for fight or flight. To do and feel better, try to give your body the ‘wind down’ message.

What helps your body relax?

Is it a shower in the dark, your favorite music, gentle exercise …

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Can’t take it

Often the more you feel like you can’t take a break, the more you really need to.

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Assume nothing

We see someone and their world through the lens of our situation. There is often a lot hidden that we can't see.

Everybody is different. It's best not to jump to judgment about how staying at home is for someone else. Some will enjoy it. Some may feel suffocated. For some, home is a sanctuary. For some, home is not a safe place.

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Got a churning feeling?

"COVID brought with it some tough questions for me. When I lost my job, I started to think, Do I really want a big mortgage? Do I want a big commute? Is this what I want to be doing? And is this who I want to be doing it with?"

— Angela, New Zealand.

Question: Do you have a constant churning feeling? Is this because new things are emerging in you and your life?

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Move to thrive

"At times like this it's easy to get stuck in a rut you can't think your way out of. Moving your body helps move your mindset. Moving your mindset unlocks new ideas and ways to thrive amongst the chaos."

*— Bart de Vries**

In what small ways can you move more each day?

* Physiotherapist and founder of Limber.nz

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No perfect solution

"Do I send my child to day-care at the risk of them getting COVID so I can earn a living and keep the house? I had to make peace with the fact that sometimes there is no perfect solution. It's awful when you don't know which decision is the right one and your options are limited. Beating yourself up is no help."

— Hamish, United States.

Remember, all you can do is the best you can with the information and resources you have right now.

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Hard-wired

As humans, we are hard-wired for connection. We think we make decisions by ourselves, but really, we don't. We constantly check in with those around us to decide what's normal, what's desirable, and what information can be trusted.

Who is on your COVID-crew?

You need sanity keepers, listeners, truth-tellers, encouragers and those who can provide wisdom, laughter, courage and compassion.

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Super sensitivity

We all carry a certain layer of insulation that protects our sensitive core from the slings and arrows of life. A mass disruption like COVID slowly erodes this insulation. We become raw with our feelings close to the surface. Throughout the day we rub up against others who too have lost their insulation and it's easy to feel inflamed about things we normally wouldn't.

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The weight of the world

Essential workers are carrying us all right now. What small thing can you do to make their lives a little easier?

When you too are feeling heavy – helping others in small ways can make you feel lighter.

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Shake off your false friends

What are your go-to pick-me-ups? Something sweet, something caffeinated, something alcoholic, something greasy, something expensive. Under stress these are the types of friends that stab you in the back.

Pick something to swap out. Swap coffee for peppermint tea. Swap cookies for fruit. Swap the car for the bike.

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Bring back some color

Ask yourself:

What makes me smile?

What can I get lost in?

What makes me feel alive?

Bring more of this important stuff back into your life.

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Striking the balance

"Even in a world of social distancing, the balance between connection and closeness and freedom and independence will remain a primary task of relationships. The importance of this principle does not change from a pre-COVID to a post-COVID world."

*— Esther Perel**

How will you balance staying connected and giving each other space?

*Psychotherapist. From the podcast series: *Where Should We Begin.*

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Making your energy count

What can you control?

What can you influence?

Are you putting your energy towards decisions you can control or influence?

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It’s the tough stuff that teaches us

To shift from problem to opportunity, from stress to curiosity, ask yourself, *“What is this teaching me?”*

e.g. you might learn what triggers you emotionally, new skills, or how to deal with people in a more sensitive or tactful way.

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The longing of separation or loss

“When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.”

— Kahlil Gibran

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Opportunities in crisis

What are our opportunities to hit reset?

What have we become complacent about?

What are we going to ‘show up’ for?

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Rise

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can come out of it."

— Maya Angelou

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Emergence

Within the word emergency is ‘emergence’.

Disruption on a huge scale signals a departure from certainty, safety and normality. Recovery from deeply stressful events is both about pain and discovery.

The question to contemplate is what could emerge in me, my life and my community as a result of this experience?

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A final note

If you are concerned for your wellbeing or that of someone you care about, seek advice and support through your health professional or helpline. Seeking support is a sign of strength.

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More tools

Hummingly is here to help you deal with stress, uncertainty and disruption.

Hummingly tools, including the Doing Well cards and Cards for Calamity, are being used by thousands of people around the world to support individual and community wellbeing and recovery from disasters.

Visit hummingly.co for more information and to purchase the cards for yourself, your friends and family, your team, your company or your clients.

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