

# Why the Pandemic Could Make Us Happier People

*A new narrative of happiness is emerging*

TRAUMA TALK  
BLOG

## Conversations

MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. *with* DIANA KENDROS

**Who and what will we make time for?**

**How will we realign ourselves with one another?**

**What should our new lives look like?**



### What Does it Mean to Be Happy?

#### Nurturing Ourselves and our Relationships during Time of Plague

This month's article looks in detail at how being isolated can open doors to self-exploration and a deeper understanding of how to make conscious choices for healthier outcomes.

Hello,

We think it's fair to say that this past year has been a time of unprecedented change, of sickness and social disruption, economic hardship and political tumult.

Most of us have felt the lack of family and social connection, especially acute

Our article from Psychology Today holds out the hope that we might discover silver linings in this time of disease and dislocation: *Why this Pandemic Might Make Us Happier People.*

This discussion has also helped us recognize a shift in our own priorities

for those with loved ones in hospitals and nursing homes who could not be visited.

There has been so much loss and pain for so many during this pandemic that in some ways how we relate to other people has fundamentally changed. On the other hand, through radical transformation strengths can also emerge.

**For our April blog, Jan and I decided to explore how people are finding meaning and mission in their lives and even an enhanced sense of wellbeing and happiness, often while working from home.**

and preferences about who we choose to communicate and interact with. Who and what will we make time for? How will we realign ourselves with one another? What should our new lives look like?

**Maybe we can find a new sense of meaning and connection in our isolation.**

And, if we look deep into our hearts, we might also find love that unites and nurtures us all.

*Enjoy! Diana and Jan*

## Why the Pandemic Could Make Us Happier People

Americans are considered to be a generally happy people, both among themselves and by foreigners, but the story of happiness in this country is in fact not an especially pretty one.

In conjunction with our achievement- and money-oriented society that is often the source of what Alain de Botton called “status anxiety,” the belief that we are a chosen people and a shining example to others around the world to follow have set too high of a bar of happiness for most individuals to actually realize.

[READ FULL ARTICLE](#)



Self-doubt, insecurity, and uncertainty have been tightly woven into the narrative of happiness, a major source of frustration for those seeking to be happier people.

The coronavirus pandemic is a terrible thing, of course, but it has presented us with a singular opportunity to rewrite the story of happiness. Our priorities have realigned, in the process laying a foundation for a happier future, both

We're more appreciative and grateful for what we have and less concerned for what we desire.







Hello and thanks for being here!  
I have dedicated my life and my work to understanding trauma, to supporting those who have struggled with its often debilitating effects and to helping **everyone** – including myself find a way to make peace with our past, to move forward by making meaning out of even our most traumatic experiences.

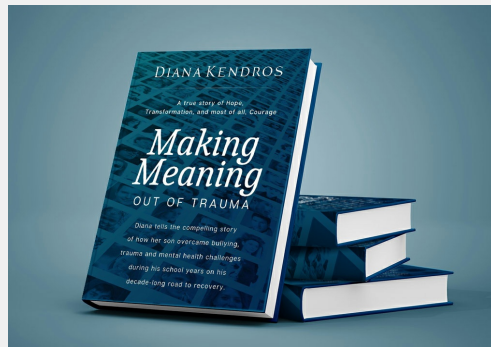


Let me introduce my good friend, Jan, our dedicated business partner, podcast interview host, writer and editor. We have been friends for 25 years. We have worked together professionally in business. And we have worked together as volunteers, in our role as nationally certified mental health educators.

### Diana's eBook - FREE! *Making Meaning out of Trauma*

Sign up to receive our Podcast, Blog and Seminar info and receive Diana's eBook as her gift!

[Yes! I want the eBook](#)



Conversations Real People. Real Stories. Our Company and its Trauma Talk Podcast, Blog, and Coaching does not offer therapy or counseling services. We are not therapists or licensed mental health professionals. We are parents, coaches, and advocates with experience of living with and caring for someone with trauma or mental health challenges. We are a team of trained family peers, Nationally Certified Mental Health Educators, whose programs feature real-life conversations that offer solutions and communication strategies.

*Please stay safe and healthy!*

*Diana and Jan*

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