

Escape from Microaggression: Changing the Home-Based Milieu

We have explored resiliency and holism, so far, in our mini-series on stress management. Today let's look at one of the hidden fires being flamed by the pandemic, namely microaggression. What do we do to take control of our microaggression emotions caused by money worries, isolation, home schooling children, who would otherwise be out of the house part of the day, forced online learning, and spouses sharing work space at home, combined with potentially deadly exposure to covid-19 at work?

Micro aggression as a term has commonly been referred to as a behavior of unknowing or knowing slander against marginalized individuals. An example of microaggression might be comments attributing mental health issues to females who are assertive. Comments can sting and wound the recipient of such a thought when expressed with conviction. However, microaggression related to the pandemic is being coined in current literature as that buildup of stressors that leads us to act out in anger.

Mismanaged anger styles include suppression of anger to the point of personal illness, punishing oneself with guilt or excessive eating, sleeping, or shopping (online, of course!), exploding in order to intimidate others, or seeking revenge and retaliation. The buildup of combinations of forced lifestyle changes we see today is mind boggling! It's no wonder there are thoughts of taping children to the floor so they will be still, and feelings of no place to find peace to clear our heads.

Changing the milieu (Latin: mil = middle, lieu = place, location) or central surroundings for our physical and mental well-being, is one way to combat the anger of microaggression. As resiliency begs to see the glass half-full, and holism responds to being "whole," changing your milieu can be as simple as setting times every day to escape the newscasts about the pandemic and enjoy a good belly laugh at life's simple pleasures. Attached to this note you will find some tips on changing the milieu of your home during restricted socialization, managing anger, and a list of warning signs for potential family violence.

Here is a link to managing violence: <https://www.wright.edu/student-affairs/health-and-wellness/counseling-and-wellness/workshops-and-self-help/article/warning-signs-of-violence>

Here is an additional link to how you can help monitor local potential for violence: <https://www.domesticshelters.org/articles/ending-domestic-violence/10-ways-you-can-help-prevent-domestic-violence-where-you-live>

We are thinking of you!

Daemen Nursing ☺