



The Coronavirus Collective

A Collection of Thoughts

Ivy Glavee
Dentist, UK

Article Information

Submitted	6 Jun 2020
Online Sushruta.net	7 Jun 2020
Published	17 Jul 2020
Curated by	Triya Chakravorty

Lockdown has allowed me to use my negative experiences, emotional intelligence, my creative and adaptable skills to innovate and make a difference. Dentists were advised by their leaders to stop working immediately when the lockdown came into effect about March 2020.

During lockdown I designed and gave a lecture to colleagues as part of their Continuing Professional Education (CPD) to support dentists and dental care professionals in maintaining and updating knowledge. I spoke about leadership skills and *'How to prevent burnout in staff'*. The topic covered tools to help support staff well-being, communication, management of self and others, understanding flexible working, work-life balance? We focussed learning on emotional intelligence.

I learnt how to prepare chicken potato hot pot. Finally, during lockdown, I took part in my first virtual Corona hackathon- artificial intelligence versus COVID-19 April 2020.(1) I was in the team that won, no mean feat considering that we all met only online.

COVID-19 has changed my life forever.

People are the heartbeat of an organisation. I can only describe my experience and impact by quoting my favourite poem by Maya Angelou:

"I've learned that people will forget what you said. People will forget what you did but people will never forget how you made them FEEL."(2)

My message is *'Please be kind'*.

When you are kind to yourself and at peace with yourself, you are able to give happiness to others, value, respect and support them to reach their full potential. This act is like a ripple effect which spreads to make a difference in others.

Fish in the fishy sea

I am a fearful,
oral fish with peg shaped,
incisal, occlusal, mesial and distal teeth
in a salty, flowing, rapid, rolling, foamy blue sea.

Whence shalt help come?

I swim against the tide
in a salty sea full of sharks with sharp teeth,
dolphins with conical teeth, sea horses with no
teeth, plants and sea anemones beneath.
I cry myself to sleep and no one to turn to.

Whence shalt help come?

Why doesn't anyone understand,
my pain and frustration in this wild,
severely crowded sea with different characters
who try to project, overbite, overjet
superiority over poor sticky fissure me.
If you are in a job and your manager dislikes you
please run, run, run before your health is
destroyed. They will always find someone to
replace you but your health cannot be replaced.

Conflict of Interest None declared

1. CoronaHack - AI vs. Covid-19 - Hackathon in London [Internet]. [cited 2020 Jul 18]. Available from: <https://www.hackathon.com:443/event/coronahack---ai-vs-covid-19-99337559314>
2. Caged Bird Legacy | The Legacy of Dr. Maya Angelou [Internet]. [cited 2020 Jul 18]. Available from: <https://www.mayaangelou.com>

