

# Toilet Tribune

In the Know, Wherever You Go

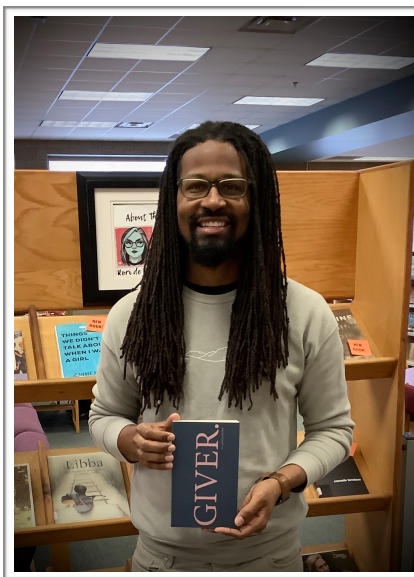
## April is Poetry Month

Last month teacher, mentor, artist, and author Adrian Michael Green visited BHS & gifted BHS Library with his collection of poems aptly titled *Giver*.

*infinite possibilities*

you are endless. you are infinite possibilities.  
and that is rare beauty in human form.

*Giver* is a beautifully designed and bound book filled with loving words, poems, reminders, soul roses; for givers.

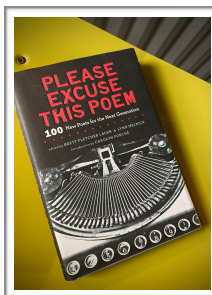
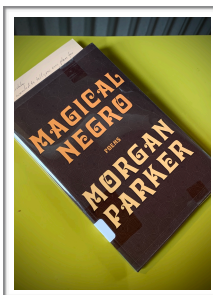
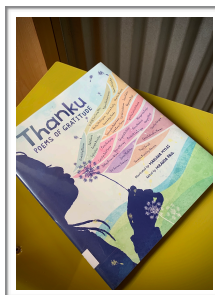


We are so grateful for Adrian Michael's gift of beautiful words to BHS and for the opportunity to spend time together learning, growing, and leaning in to "how we show up" as a BHS community.

Adrian Michael's most current projects explore how students of color, specifically African Americans, can be resilient and successful while maintaining their racial identity and sense of purpose in predominantly white spaces; tackling the toxins of race and racism in this country through a poetic lens; and examining masculinity and what it means to be a man by using a manhood framework.

You can also learn how to solve a 3x3 Rubik's cube in his free tutorial.

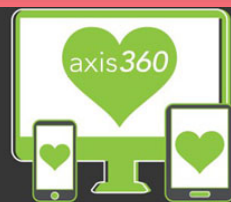
In addition, here are 3 books of poetry that I'm working my way through this month. Thanku: Poems of Gratitude, Magical Negro, and Please Excuse this Poem.



E-BOOKS MINNESOTA

EXPLORE FREE  
EBOOKS & DIGITAL  
AUDIO BOOKS

Don't have access to the books you want to read right now? Read an ebook or listen to an audio book.



AXIS 360



OVERDRIVE/LIBBY

Check out the how to borrow from BHS & Public Library videos here.

THURSDAY SPARKS  
TALKS BOOKS  
Each week book recommendation on YouTube here.

# Challenges or Threats?

By Tim Klein of [Find Your Way](#)

As we begin April in quarantine, the initial shock of social distancing is wearing off, routines are being settled into and we are slowly adjusting to our new collective reality. On a day-to-day, moment-to-moment basis, for me at least, things aren't so bad. However, the longer this goes on, more serious concerns will begin to loom.

Namely: How much longer can we keep this up?

The answer to this question will be determined by our perspective. That is, when we think about the problems we currently face, do we view them as challenges or threats? There is a small, but key distinction between the two.

When we believe we have enough resources to cope with a problem, we view it as a challenge. If the problem exceeds our resources to cope, it becomes a threat.

Research has shown that whether we view something as a challenge or threat influences us in a variety of ways.

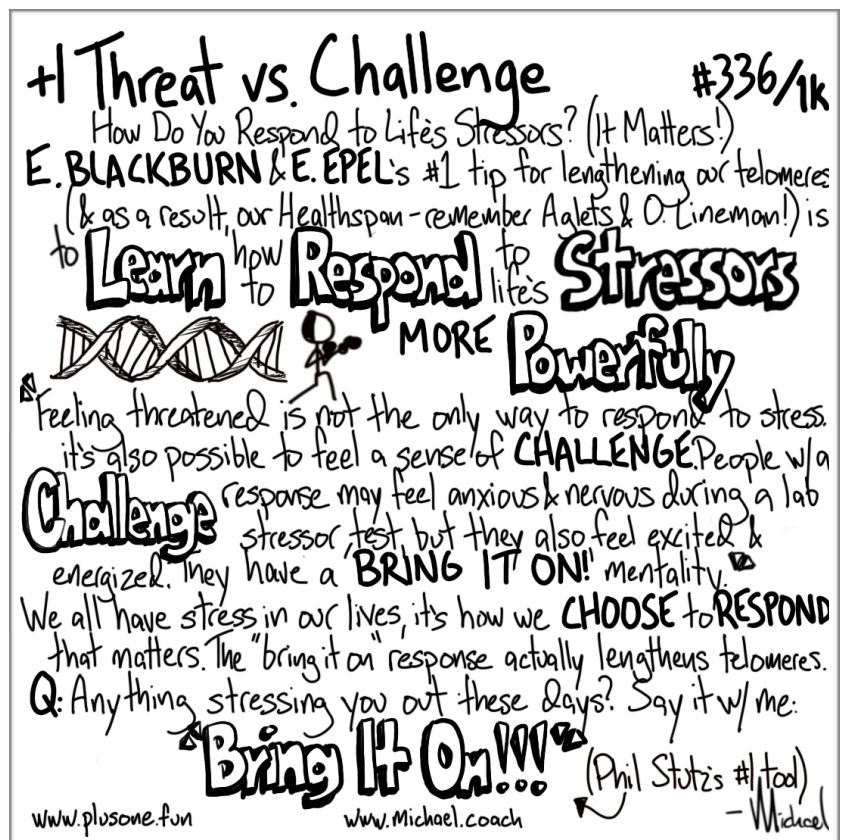
First, it affects our physiological responses to stress. When exposed to a threat, our bodies flood with cortisol and the fight or flight response kicks in. If faced with a mortal threat, such as a tiger or angry mob, a fight or flight response can be quite helpful.

When confined to our houses in quarantine? Not so much.

When we view problems as challenges, our bodies respond differently. Often, the body floods with oxytocin, a hormone that is tied to social relationships. Researchers call this the "tend and befriend" response to stress. This tend and befriend response causes us to be more altruistic, to reach out to our social network, and to form meaningful and supportive bonds. Not so helpful during a bar fight, but perfect to endure social distancing.

The challenge/threat perspective also impacts our perception of pain. Viewing pain as a challenge gives us the strength to handle it. Research shows that pain associated with a challenge simply doesn't hurt as much.

Consider this scenario to understand why: if your chest hurt and you had shortness of breath, would you consider that a challenge or threat? Well, it depends on the situation.



If this occurred on mile 4 of a 5-mile run, you might view this as an indicator you were pushing yourself. If you felt you had the energy to finish your run strong, that your resources matched the challenge you faced, you might even welcome this pain.

What if those same symptoms happened today, after going to the grocery store? That's completely different. Considering how Covid-19 has decimated our health care system, these symptoms would be a threat. As a result, the physical and emotional pain we would feel would be immense.

So what can you do with this?

Famed psychologist Martin Seligman noted that people who are not emotionally resilient tend to view negative events as permanent. Given the uncertainty of this pandemic, it's easy to slip into believing that there is no end in sight.

Now more than ever, we must remember that this global pandemic will end. We don't know when this will happen, but it will happen. A vaccine will be found.

*You will escape the confines of your house.*

*You will hug your loved ones again.*

*You will go out to dinner with your friends.*

*You will reconnect with your community.*

Knowing that this will end, consider the challenges you currently face and ask yourself:

Is this a challenge or a threat?

Unless you are a frontline worker, have lost your job, or are showing signs of contracting the coronavirus, chances are it's a challenge. Ask yourself; do I have the internal fortitude to get through today? If so, this is a challenge. Remind yourself that this too will end and that you are strong enough to endure it.

And if it is a threat? If you don't have the resources? Martin Seligman has a suggestion: "Is there someone in your life whom you would feel comfortable phoning at four in the morning to tell your troubles to?"

If so, call them up - chances are, they have the resources you need to turn any threat into a challenge.

This post is in no way meant to downplay anyone's circumstances. Covid-19 has exposed very real threats. If you have the means, consider donating to organizations combatting these threats. You can find them [here](#) or [here](#).

## DAILY QUARANTINE QUESTIONS

- What am I GRATEFUL for today?
- Who am I CHECKING IN ON or CONNECTING WITH today?
- What expectations of "normal" am I LETTING GO OF today?
- How am I GETTING OUTSIDE today?
- How am I MOVING MY BODY today?
- What BEAUTY am I either creating, cultivating, or inviting in today?

**Ask yourself; do I have the internal fortitude to get through today? If so, this is a challenge. Remind yourself that this too will end and that you are strong enough to endure it.**