

## Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the Staying Sane During COVID-19 presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

“Rotarians in particular have a high need for being compassionate,” says Berge. “In my Zoom meetings, I hear people say, ‘What can we do to help?’ They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability.”

Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has written about how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.

“When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy,” says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. “Not only do we benefit others from this activity, but it has a way of recharging our batteries.”

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. “If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable.”

Because of all this, Stotts tells her staff and clients, “You deserve to be your kindest self.”

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

“When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example,” she says. “I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities.”

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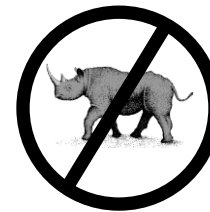
## THINK MEMBERSHIP!

# THE EARLY RISER

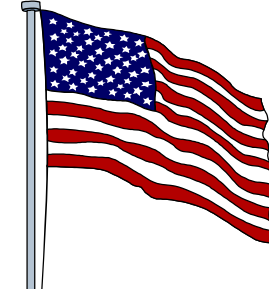
EVERY ROTARIAN  
US \$100  
EVERY YEAR



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DON'T BE A R.I.N.O.  
(Rotarian In Name Only!)



### ROTARY PRAYER

Oh Lord, and giver of all good, we  
thank Thee for our daily food.

May Rotary friends and Rotary  
ways, help to serve Thee all of our  
days.

## THE ROTARY CLUB OF WICHITA FALLS NORTH



2020-21 R.I. Officers - D5790

President of Rotary International: Holger Knaack

District Governor: Roger Paschal

OFFICERS AND BOARD OF DIRECTORS – 2020-21

President: Clint Wood ~ President Elect:

Secretary: Tom Sheriff ~ Treasurer: Ann Lucas

Executive Secretary: Jeani Secord ~ Sgt. at Arms: Larry Gunnell

Directors: Clint Wood – Phil Waggoner ~ Gary Southard ~ Mike Crocker

Tom Cale ~Tom Sheriff & Troy Secord (PDG Ex-Officios)

Website: [www.wichitafallsnorthrotaryclub.org](http://www.wichitafallsnorthrotaryclub.org)

## ***FUTURE PROGRAM ASSIGNMENTS***

September 4-----Rotarian Dwayne Lee – Visiting the D-Day Beaches  
***September 7----- Rotary Flag Display date***  
September 11 ----- Howard Berg ~ “The World’s Fastest Reader”  
September 18 ----- Phil Waggoner  
September 25 ----- Tom Cale  
October 2-----David Collins  
October 9-----Mike Crocker  
October 16 ----- Larry Gunnell  
October 23 ----- Ajay Kumar  
October 30 ----- Ann Lucas  
November 6----- Bill Neale  
November 13 ----- Rob Noble  
November 20 ----- Jeani Secord  
November 27 ----- No Meeting (Thanksgiving)  
December 4 ----- Troy Secord  
December 11-----Tom Sheriff

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### ***NEWS FROM OUR LAST VIRTUAL E-MEETING:***

Thanks to President Clint, the meeting was held live and in living color at the Vantage Point Condomenia.

John Pokorny from the Lewisville Rotary Club was our special virtual guest.

President Clint led us in the Rotary Prayer and Ann led us in our Pledges.

The Brag bucket was well fed today. Ajay (\$5.00!) informed us that both of his daughters are doing well. His daughter Wamika, who has visited our club and is a recent Optometry School graduate, is doing a 1 year residency. She has joined the Rotary Club of Durant. He also bragged that he had not forgotten his wife’s recent birthday! Clint and Larry also contributed to the brag bucket.

Tom C. reported that he is checking on a club social at the Nocona Brewery. It is currently closed because of the covid-19 crisis. It may open in October. Tom will try to set up a date for a club social in mid-October.

Bill reports that Gina is doing some better and is currently at home. She is still undergoing treatments here in Wichita Falls.

The club program was a video that was originally presented at the 2019 Rotary International Convention in Hamburg. It was over “Fellowship in Rotary”.

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### ***NEWS FROM ROTARY INTERNATIONAL:***

**YOUR PARENTS TOLD YOU TO BE NICE TO PEOPLE. GUESS WHAT? THEY WERE RIGHT. HERE’S WHY**

Doing good doesn’t only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn’t use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

“When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,” says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic.

“There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released.”

#### **It feels good to do good**

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain’s reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their 2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.