

Teah Williams-Hampton

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SPEAKERS

Jen Weidner, Teah Williams-Hampton

Jen Weidner 00:03 Today is November 30 2022. I'm Jen Weidner with the Jeffersonville Township Public Library conducting interviews for pandemic perspectives. Jeffersonville residents recount their lives during the 2020 COVID-19 pandemic. This project was made possible with a grant from the Indiana Geological Society. I'm here today with Teah Williams Hampton, licensed clinical social worker, Teah, Thanks for being here today.

Teah Williams-Hampton 00:26 Glad to be here. Thank you for having me.

Jen Weidner 00:29 So as I mentioned, you're a licensed clinical social worker. So is that a mental health therapist?

Teah Williams-Hampton 00:35 Yes, yes. So I've had to tell people that I'm, I'm a licensed clinical social worker, and they're like, what does that mean? So I do practice as a mental health therapist in both Indiana and Kentucky primarily with adults. A few adolescents but primarily with adults. Yeah, the last almost 15 years.

Jen Weidner 00:58 So do you remember when you first heard about the pandemic?

Teah Williams-Hampton 01:02 Um, yeah, there's almost two parts to that because when I first heard about it, it was on the news and it was about China. It was about China. And I was like, Okay, it's in China. You know, like, as the president was, like, no, no worry about but that was the president. And then it was like, it's in California. And I was like, oh, okay, still. No, no biggie. I think the bigger question is, when did it become a real? Right, you know, so we were hearing about it. And I remember leaving work. I was working in New Albany at the time and going to Kroger and there was no meat and I practice therapy, which means that I'm like one on one with people all day so there's no I'm not watching the news. I'm not doing any of that. And I don't know how or when the meat left. But there was no meat and I called my husband and I said, there's no meat. And my memory gets weird because I feel like it was the same day that the NBA shut down. That's when it hit that but the COVID kind of the pandemic kind of jacked up my memory so I can't remember if I remember there was no meat and it was the same day that the NBA shut down, but they kind of all go together. The NBA shut down. There was no meat. And then it was real and it was like almost overnight. It hit overnight. So I heard whispers first but it didn't become real until there was no meat. So it was already here in Indiana in our area when there was no meat? You know what I am assuming so because what tends to happen is that you know, cuz folks here love the news, which I don't know why because it's like most horrible

news all the time. But they're but they're well informed, like, well informed. So I'm assuming that the folks that had been watching the news went ahead and went to the grocery store and stocked up. I'm sure there were other empty shelves too. It's just that I was going there looking for ground turkey or something. I was going for something specific, nothing big. But all the meat was gone. And then I started to notice. Like, of course there was no toilet paper. And so and that's when I called my husband like what was going on? What is happening here because I was kind of in a cave meal for the day or most days I am. So that's when I first realized that this was a really really big deal. First it was whispers no big deal. It's the China virus.

Jen Weidner 03:50 We've heard all this stuff before that's going to come and get us

Teah Williams-Hampton 03:53 California is like 2000 miles away. Oh, we're good. Oh, we don't have a meet and NBA shutdown. Oh, so the whole world is Oh, the world shut down. And boom, everything shut down, even my job.

Jen Weidner 04:08 That was going to be my next question. So how did your job change?

Teah Williams-Hampton 04:12 Um, so everything was in person. It was. So I do individual therapy. And it was always in person. And it was like pulling teeth to do any telehealth like you have to go through these hoops or whatever it is. And so how did it change? I went home and didn't come back in until we figured out what to do here. And to be quite honest, my profession was going to be the most easy one of one of the most easy ones to convert over. So we ended up getting on Zoom. There was like a HIPAA compliant portion of zoom that we could do because we couldn't do the regular right. So HIPAA compliant, so it took about nine days to get that together because the shock of it was oh, my gosh, what are we going to do.

Jen Weidner 05:00 So you weren't seeing any,any clients in that time? Those nine days?

Teah Williams-Hampton 05:11 I didn't see I didn't see any clients. Um, some of them were texting me like, you know, what's going on, because I'm a therapist, right? So people are, are anxious. They're stressed out! Their kids aren't going to school. They can't go to work or do their jobs are trying to figure it out the same way, you know, that that we were and we're dealing with it? I mean, so I don't have so it's this trauma that happens. So when trauma hits the brain, right? And so it was feeling so surreal, but at the same time, you have to stay really present. So we were able to set it up and do zoom. And the biggest probably one of the biggest hurdles for me was I didn't really believe in doing therapy with telehealth. I'm a one on one person exchanging energy in the room. So I really had to overcome that part of it and I found it to be just as effective. But some folks door prefer in person but we didn't do in person for quite, quite a while. And then we ended up shifting a little bit with that. So yeah.

Jen Weidner 06:23 Are you still seeing anybody virtually?

Teah Williams-Hampton 06:25 Yeah, now and now it's like half and half. So at my practice in New Albany, I'll see half of those clients online. And then the ones that really want in person. I'll see them in person but actually, in New Albany, I have more telehealth people. I also work in Louisville, and most of them are in person. I only have like a handful that, that are telehealth so they're, they kind of they kind of flip so. Yeah, but, but even during the pandemic, we did shift to doing some in person, very little so I had one day a week and there would be one it would,there was one therapist per day in the office. So Monday was my day, my clients had to sit out in the car. So there was no there's a lobby area, but there was no use of the lobby. Somebody was cleaning it every day. I had to wash my doorknobs every single day and so maybe I was seeing

about three or four people and these were these were people that were not really caring very much about the pandemic.

Jen Weidner 07:30 There's some of that was in every bunch Yeah, no matter where you are.

Teah Williams-Hampton 07:37 They're like, you know, we're gonna get it we're gonna get it we're gonna die we're gonna die. I want you to know, it's I had to respect that and just keep myself safe. And so we just made sure that we just didn't store I left the door open, you know, because

Jen Weidner 07:38 Well if there's nobody else so there.

Teah Williams-Hampton 07:54 Yeah, so that worked out really, really well. But it was, it was it was stressful. It was really stressful.

Jen Weidner 08:03 Did you find that you gained more clients during the pandemic because people were so anxious? Scared?

Teah Williams-Hampton 08:10 Yeah, I'll tell you what, I didn't, I didn't lose any. I didn't lose any, I gained more. It was almost too much for me because the need was so great. But I think what the pandemic did you know for ,for mental health is that all of a sudden mental health is coming to the forefront even though you know covid was about your body because it cut people off from the world isolation and not being able to see your parents or even go to work in so there were lots of financial stresses. All of this stuff, you know, was happening so I gained more especially from people who could continue to work from home so that means they were making money and they still had insurance or something like that. I was seeing some people pro bono because the need was, was that great. And for me part of the was part of it was partially a good distraction. You know, which I think it's always been that way in a way so I don't really have to be in my head about my stuff. You know, I can really focus on somebody else only that way, sometimes it was helpful, you know, but other times what became difficult is I couldn't, I couldn't challenge the thought, you know, right. So a lot of times we have these feelings and we're anxious or angry and the thought let's check the thought, trust your feeling, question your thought, you know, I couldn't question nothing because, I mean, it is really this bad.

Jen Weidner 09:50 Yeah, it was it was it got to be where it was horrible.

Teah Williams-Hampton 09:54 It was bad and like, you know, my house or my kids or I don't know what I'm doing. I feel really overwhelmed. There wasn't like a lot of support out there because you couldn't they couldn't come together

Jen Weidner 10:05 We'd never dealt with this before.

Teah Williams-Hampton 10:08 Yeah, okay. So here's the thing, what really is that? Is that true? And this is one of the lessons that I hope we learned, cuz I wasn't around in 1918. During the Spanish flu

Jen Weidner 10:19 None of us were right?

Teah Williams-Hampton 10:20 But I was watching PBS. And there was a woman who was recounting I guess her, her grandmother had been through it or something like that. And she said, it's almost like the nation developed amnesia, like this trauma, like it's like they didn't want to remember anything. And so, you know, I think after 2016 we like to use the word unprecedented all the time, unprecedented all the time. I was like, well, even though we're in a technological age, was it totally unprecedented? Had we never gone through this before? Or have we just not, decided to not talk about it? And so we never really learned from it. And that's one of the concerns that I have here is, you know, what, what were the lessons that we'll probably soon forget? What are the lessons that we will probably see, but that's me being a little bit cynical. We're still working our way through the pandemic that was just two years through.

Jen Weidner 11:26 Yeah, we still we're still people are still getting sick. So it's not it's not better. I mean, it's better but like China's on lockdown again. Yeah, like

Teah Williams-Hampton 11:35 Yeah, like Yeah, it's not it's not over. The only difference right now is that you know, we don't have you know, a huge explosive, social justice movement

Jen Weidner 11:46 Going on at the same time as the pandemic, exactly.

Teah Williams-Hampton 11:49 Yeah. And that ,that was the other part of it was here. We were probably in March, because I remember my daughter couldn't go to school. We were in March and we were scared to go to the grocery store. Yeah, we'll be looking down the aisles like yeah, I'm gonna go this way. But then in, you know, whether it was May or June or whenever it was when it just seemed to explode. You know, there was this thing, you know, do we do we go down and be a part of this, we're still in a pandemic like, and that's what was very strange was this desire or this need to be a part of this movement, but at the same time, wanting to protect yourself from you know, COVID-19. And it was, you know, I don't ,I don't know that I can rationalize any of that except for we felt like all of it was life or death. That's how it felt.

Jen Weidner 12:56 Oh, absolutely.

Teah Williams-Hampton 12:57 Like, all of it felt like life or death. And on when it was because it was really three things that happen. You know, there was Ahmaud Arbery, There was a George Floyd and there was Breanna Taylor. And it's like, how could we sit?

Jen Weidner 13:15 I mean, Breanna Taylor was in our backyard, right literally right here.

Teah Williams-Hampton 13:19 It was right here. How could we sit? So it was like no mask up do what you got to do. And, you know, try to be a part of what this movement is to bring attention to the injustice of this. All of this was like

Jen Weidner 13:36 it was like a perfect storm. I mean,

Teah Williams-Hampton 13:39 it really, really was.

Jen Weidner 13:40 Hollywood could not have written a script like this.

Teah Williams-Hampton 13:44 Not at all. Not at all. So maybe that part was unprecedented. But I'm Oh, no, I really don't know. Again. I'm glad that you're doing these stories, because

Jen Weidner 13:54 It's so important to capture I mean granted it's almost 2023 But to get people's stories, so we don't you know, hopefully we don't go through this again that people or people you know, the future, you know, your grandchildren or whatever somebody's grandchildren, whoever can come in and be like, Oh, remember there was that pandemic with the library have on that? Boom, here you go!

Teah Williams-Hampton 14:20 This is valuable work. It really, really

Jen Weidner 14:23 thank you because

Teah Williams-Hampton 14:24 It makes us just kind of recount, you know, because we want to forget, not okay things and bad times. We tend to not want to do that too. But I think it's important to do that so that we can learn from we just want it to be over.

Jen Weidner 14:42 Right of course. But for me, I want future generations to know. Yeah, how Jeffersonville coped, how our residents coped. I mean, it's important that we remember these things.

Teah Williams-Hampton 14:55 Absolutely.

Jen Weidner 14:57 I mean, the ,the flu pandemic in what was it 1918-1919, I wish there was more on it. I wish I mean, obviously, people weren't doing oral histories then like, like we're doing now. Yeah, but I wish that there was more information on what happened here.

Teah Williams-Hampton 15:13 Yeah, we you know what, and I'm like, Is there not like I think there was this, this guy by the name of Lomax but he went to like Alan Lomax or Aaron Lomax way, way back in the day. So he was capturing things like slave work songs and things like that. And I'm like, you know, was there nobody like him? You know, doing anything, even writing anything you know about that? But so this is, this is important work that you're doing to capture these stories about how we survived or how people came together. Both figuratively Yeah, well, I mean, cuz some people were like pulling out chairs, you know, in the street.

Jen Weidner 15:53 Neighbors where I did a lot of things like driveway drinks and go to my friend's house. We all stayed outside, we all bought our own drink. And yes, we just hung out, you know, socially distanced, but yeah, we needed to be together, we needed to know like, we're still here.

Teah Williams-Hampton 16:07 Yes. Yeah, I think that we, we took for granted the importance of connection when I was I was working for Lifespring some years back, and, you know, we were at the height of this, you know, opioid epidemic. And I said, I get this and I said, I can totally support, substance use treatment and recovery, I said, but the epidemic that nobody is talking about, is the epidemic of loneliness. Nobody was talking about that and I was seeing it in therapy and I don't think that again, what the pandemic did is that the issues that they felt like only a few people were dealing with, that they really couldn't empathize with. They're like, Oh, they're lonely or they're like, I only think you get what disconnect means. Loneliness is about a disconnect. Not being able to connect with other people we survive, basically, and become human beings, versus being some sociopath, off of our being able to have warmth and connection with to be seen.

Jen Weidner 17:25 Yep.

Teah Williams-Hampton 17:26 To be heard, that validates the existence there was nothing like having skin on and feeling like you don't exist. Nothing like that. You know, so, you know, for folks who didn't have children or didn't have spouses or weren't living with another relative. They were so

Jen Weidner 17:45 I can't even imagine. I said, I felt so lucky to live with my mom, because if I couldn't if I didn't live with her, and I couldn't see her know that she was okay. I don't know what I would have done. Yes. I mean, I don't know. I mean,

Teah Williams-Hampton 18:00m Exactly! So I again, I think that it really brought to the forefront, you know, the importance of you know, being with people those those stop bys and

Jen Weidner 18:11m Just check on people.

Teah Williams-Hampton 18:12 Yeah, those things that we like taking for granted just because we could you know, I'm gonna go by and see you but there's nothing like living down the street down from your mom and not knowing you could see them.

Jen Weidner 18:22 I mean, yeah, I mean, to this day, there's still a group of friends and just like to do a little check in. Yeah, I mean, it might be every day, it may not be, sometimes it will be like hey, how's everybody doing? What's going on? Yeah, what do you need? Do you need anything you know, how are you feeling? Yeah, and that, that means the world to me, I know that I have these people that I can just if I'm having a crazy day, it'd be like, having a crazy day, watch ya all got what do you got for me? And then you know,we'll send,stupid memes or cat pictures.

Teah Williams-Hampton 18:48 Yeah.

Jen Weidner 18:49 So how did the pandemic affect your family? I know you said that you have a daughter who was in school and she was at home. So you guys, both were at home. She's doing schoolwork. You're doing therapy

Teah Williams-Hampton 19:02 Yeah, so,so in my household. So I think family I think broad in my household. It's me and my husband and my daughter for the first two weeks. Yeah, it was cool. You know, it was it was a break. She was out of school, for my husband, he's self employed. He's like, really self employed and like to the point where like, I'm self employed, but I also work you know, elsewhere, and it cut off everything. His business went down to 0%. And he's pretty savvy. He's a survivor. He knows how to navigate almost anything and there was nothing here and so there was a lot of anxiety with what we were going to do. How we were going to make it was the first year that we qualified for Medicaid. It was that was that was deep like that and that was part of my work was to help people you know apply for food stamps, apply for Medicaid. And here I was applying for it for myself for, for my family, you know, so so with that being said it hit our household pretty tough after about a month. Well, first of all, we all watched the Tiger King. We couldn't believe we never thought we would say that.

Jen Weidner 19:03 I think I'm the only person that's never seen it.

Teah Williams-Hampton 20:29 Oh, there was there was this real weird kind of funk that kind of settled over as we tried to stay as active as we could. But there would just be moments in time where it felt like there was one day I remember getting on Facebook feeling like, I really wasn't sure when this level of intensity was gonna end. Usually, you know, a week two weeks, but after it goes three weeks, four weeks five,

Jen Weidner 20:56 Gets a little scary.

Teah Williams-Hampton 20:57 It gets a little scary. Like when's it going to be the end of this. And so my daughter started feeling it probably about that time I walked in one day and she was, you know, she was crying. She was in the bed. And I said what I said, what's going on? And she said, I don't know, I don't know why I am crying. Oh my this is depression. And and a lot of we were dealing with it but a lot of our kids were doing. I have an only child, you know she even though she might not have like some art teachers. She loved to go to school because her friends

Jen Weidner 21:33 Those are her people that was her connection.

Teah Williams-Hampton 21:35 So she got none of that. Like none of that was happening. They have phones and all this number. There's nothing like being able to sit down in front of your friend that values being together. So just like many families are just trying to do the best we could to, to adjust we ate and ate and ate. I gained 20 pounds, which is not as bad I think as it probably could have been for me. I'm 5'3" you know so but we just ate and ate!

Jen Weidner 22:08 That was our comfort.

Teah Williams-Hampton 22:09 Yeah. And to be quite honest you know, I'm really kind of drawing a, a blank. And I think that's one of the things too is that I'm kind of blank like I remember certain days I remember finally getting on tic tok. I remember watching other people's posts about how they were dealing with it. It's part of it feels like I can't find it. Like I can't really find it in my in my head. I just remember sometimes going in. I remember going to work. But then there's just this part where it's hard for me to find it so I would have to probably sit down and maybe go through some Facebook posts, right? Because that's our public journal to figure out what was going on, then but again, you know, the protests were going on into

Jen Weidner 23:21 We had so much 2020 We had so much going on

Teah Williams-Hampton 23:25 And we were doing some work here in Indiana with School Colors (A high school play).

Jen Weidner 23:30 .Oh, right.

Teah Williams-Hampton 23:31 So we were doing that work too and not really realizing that we were still dealing with you know what was going on you know in the in the in the federal government and all that shenanigans it was a circus like everything was a, a circus and what will happen, I guess to the brain is like, it will shut down. It'll shut off. It's like this dissociation will happen

Jen Weidner 23:57 It can only take so much and then it has to conserve its energy and be like, This is not important right now. This is not and you had COVID Twice?

Teah Williams-Hampton 24:06 Yeah, so I had in the beginning, apparently, okay, again, I can't get my dates right. But okay, so, so my daughter is in Color Guard, and we were watching the news. Oh my gosh, I feel like I told a bunch of fibs on here because my time isn't right.

Jen Weidner 24:24 It's okay. COVID is a crazy time.

Teah Williams-Hampton 24:27 Yeah, But so here's ,here's what I remember. I remember going to a color guard event at Floyd Central. On the news I don't know how many days later it was. The first case of COVID has been identified in Floyd County. If you were in one of these five places. It was like Caesars, Floyd Central somewhere else, somewhere ,somewhere else. You need to stay in and I think that we're oh my gosh, you need to I forgot. You need to stay in and I was like, okay, so I stayed in and then a couple days later, I started, I started to feel like awful . I call the hospital and they're like, We don't have enough tests if you're not dying. So I'm assuming that I got COVID right but I don't officially know because I couldn't go in

Jen Weidner 25:25 But things lined up like you were at a place where it...

Teah Williams-Hampton 25:28 Yeah, but, but if you weren't sick enough they're not gonna take you so they were just like, let it run its course and they weren't doing home testing. There was no home test.

Jen Weidner 25:38 Yeah, we didn't have a home test til like last year.

Teah Williams-Hampton 25:41 Okay, so I'm just supposed to wait to see if like if this gets worse so I can talk to you? I'm just gonna like wait this whole thing out. So uh, yeah, and then after Oh, oh my god. I don't. Wow. yeah Yeah, that was weird. That was really weird. I'm gonna have to go back and look at that whole time so I got it then, I'm assuming and then again, this last July because there was like another wave.

Jen Weidner 26:14We keep having those waves.

Teah Williams-Hampton 26:16 There was another way and this because I you know, I got my vaccine and stuff like that. So there was another wave I hadn't gotten boosted there was another wave and this one really took me a while. It took me a while to get over so I still have a cough. And it feels like a tickle. But nobody wants to be around somebody coughing. You can't cough you can sneeze you can sniffle you know you can't blame it on allergies people gonna side eye you.

Jen Weidner 26:44 Oh yeah. I noticed that when I knew it was allergy would be like, hmmm

Teah Williams-Hampton 26:49 Yeah, yeah, that's that Sure. Yeah. So I yeah, I've had it. I've had it twice made it through and like my mom, she hasn't gotten it. At all. My mom is 70

Jen Weidner 27:01 Yeah, I've gotten lucky. I haven't had it. My mom hasn't had it.

Teah Williams-Hampton 27:05 It's amazing.

Jen Weidner 27:06 I think we're gonna celebrate. I'm a huge germaphobe because I deal with people all day. So that might help.

Teah Williams-Hampton 27:12 Yes.

Jen Weidner 27:13 So what are some things you've learned from the pandemic? Good, bad.

Teah Williams-Hampton 27:17 Um, what, what have I learned? I'm assuming that I learned a lot not, not to take for granted being able to, to see people or to connect with folks. I really have to figure out what are what it what did it teach me? Besides to just continue to talk about it, and what did I learn about myself In those moments is to be grateful for shifts. That you know, even with catastrophes, what we think is a catastrophe. You know, there are usually some real gifts. In, in some of those catastrophes, you know, how flexible can you be, you know, and you can't really count on anything you have to be able to move. There's a historian by the name of Yuval Harari And he was either on 60 minutes or I heard him on some podcasts when he said you need to treat your life and your skill set like it's 10. He said what the way that the world is, if you're going to base your life on things that are always set in stone or concrete, you're going to be in real trouble. Because you're not going to be able to shift when the situation shifts, and when the time shifts. And, and I've learned to be grateful for the things that I feel like or thought were solid. So I want to make sure that my relationships are solid, as much as I can knowing that at some point in time either I'm gonna die, they're gonna die they're gonna stop liking me or things gonna change. Yeah, you know, but in terms of my work, in terms of my, my home, you know, in terms of stuff I don't really need a lot. I don't I don't really need a lot and that's one of the lessons that I hope that we were learning is everybody wants to go back to normal, you know, but we had some really healthy norms. You know, we are our consumer nation. You know, and, and we weren't able to get a lot of stuff and somehow or another we lived without it.

Jen Weidner 28:09 Yeah

Teah Williams-Hampton 28:32 You know, thankfully the Internet didn't like all break down

Jen Weidner 29:58 We would have been in real trouble that happened, I think

Teah Williams-Hampton 30:00 yeah, but, but but then I'm thinking but really would we

Jen Weidner 30:03 But maybe we would have got a nice cleanse.

Teah Williams-Hampton 30:06 We would have, we would have made some adjustment. We would have made some adjustments. And that's what it teaches us is to, you know, to trust that you can make the adjustment if you have a faith belief, trust in that you know, if you don't trust yourself, you're I believe in God. So whatever it is, I can't do nothing. No, God created me to do whatever it is that I can do. You know, I don't have to be like God take care of all of it. God like no look I gave you a mind I gave you a body. I gave you support everywhere around you do what you can with it and whatever y'all can do, you know, just turn it on over that is my that is my belief. And I think that if you have something like that, that you believe that can help you to adjust and to make it I hope that we remember that, that we really can't count on the things we can't count on the things we can't count on.

Jen Weidner 31:09 All you can count on is change.

Teah Williams-Hampton 31:11 That is it, and that that's a real statement. You know, people are like I don't like change. Well, I understand you don't have to, but it's gonna happen whether you want or not, you know, and so I can either choose to be miserable. Or I can choose to work that through I can allow myself to not be okay for a bit and allow myself to deal with what I'm dealing with mentally or or emotionally. But at a certain point, I have to shift because I have to figure out how I'm either creating my own misery or how I'm allowing something to overpower me

Jen Weidner 31:47 You can gradually go into the change don't have to jump all yes, you can wade into his the you know the shallow end and then go

Teah Williams-Hampton 31:56 Absolutely.

Jen Weidner 31:56 So let's say in 30-40 years, from now what do you want people to remember about the pandemic?

Teah Williams-Hampton 32:05 Oh, how we made it? How did we make it through? What did we do? How did it change us? Right. You know, going back to whatever normal was, you know, we're, we're not ever going to be the same when not ever going to be the same. So it's just, you know, how do we make it through? How did, it how did it change us, you know, for the better and for the worse. Now, we got to look at that, you know, how we're thinking and to see the whole picture. You know, and that's what I'm hoping ,because oftentimes when we talk about the pandemic, you know, we exclude the social justice movement, we exclude the politics around it. And let's look at the entire picture and what that, what that meant. You know, we lost a lot of people. Like it was crazy. I could see somebody one week and they'd be dead the next week. There's nothing there's nothing like that, you know, and to just be grateful, you know, be grateful for who you have and what's what's happening in the present. So, there are lots of lessons to be learned. I'll be curious what everybody else is, is learning and how to be creative and how creative we have to be. Yeah,

Jen Weidner 33:31 There were so many podcasts that came out during the pandemic, so many people doing new recipes. I mean, yeah, it was amazing. Like that little shutdown here made people so creative.

Teah Williams-Hampton 33:47 You're exactly what so we have this like, well, you know, and that's really what, what saved us you know, was my husband's a gamer, and he had like, hodgepodge of equipment and stuff like that. And churches weren't meeting and, you know, or doing any of that, but they were not sure how to stream. So yeah, all this stuff he was using for video games. And he was, he began to use that to help churches.

Jen Weidner 34:16 Yeah

Teah Williams-Hampton 34:16 Stream. Yeah. You know, it's a live stream of their stuff. I mean, we were doing pretty much the same thing I was. I sang, I sang well, It was an empty church. So they just recorded me and about three other people. You know, singing, you know, what, what did you do? What did you create? How was creativity, and when you're tapping into your creative self, you are tapping into one of the higher parts of yourself when you have all that distraction. When you're distracted, you're not really doing the thing. But when you aren't, we have to go inward. You are tapping into

Jen Weidner 34:53 We had no other choice because there wasn't nothing we could do.

Teah Williams-Hampton 34:56 Is that the only time we do this is when we have no other choice.

Jen Weidner 35:00 And it's so sad because people were complaining like, I can't go anywhere. I can't do anything. I was like, hey, nature is not closed. Yeah, you can go for a walk. Go for a hike that stuff is not closed. If people look at me like oh, I never even thought about going outside.

Teah Williams-Hampton 35:14 Right? See what all the noise

Jen Weidner 35:16 And then here's me like every day going for walks several times a day getting outside.

Teah Williams-Hampton 35:21 You're our lives. Our lives are unnecessarily busy and noisy. And I think we forgot how to think and how to be creative and how to keep things simple.

Jen Weidner 35:35 And how to take care of ourselves and

Teah Williams-Hampton 35:36 how to take how to take care

Jen Weidner 35:38 Just have that it's okay to be like No, I'm not gonna do anything today. I have nothing going on and that's fine.

Teah Williams-Hampton 35:45 Yep. Yeah, that's, that's it. The right because Okay, so I feel like the rest revolution started right.

Jen Weidner 35:53 Amen.

Teah Williams-Hampton 35:54 The rest revolution started and so many things. Got kicked off, you know, the whole quiet quitting part because people, people were not aware of what it felt like to rest or to do nothing after the shock of it. Folks were like, okay, you know, it's probably gonna be over in a couple you know, in a couple of weeks. I'm gonna allow myself to rest. People didn't realize how tired they were, how they were grinding, how they were hustling, pushing through, for years, years, years, we're not talking about oh, millennials or Gen Z's will be everybody.

Jen Weidner 36:35 It was everybody because that's our culture. Go Go Go, go, go. Don't have this many things going on, or your nobody or this or that. And then when it all stopped.

Teah Williams-Hampton 36:44 Oh, people like, oh, that's what this feels like. I want yeah, I want more of this. You know, so as we're kind of emerging in 30-40 years from now, when people are looking, you know, did we learn how to, you know, really harness what dry is and I mean, harness me sometimes we got to pull that back and rest before we grind ourselves into heart disease and heart attack

Jen Weidner 37:11 Or just being miserable with what we're doing day in day out.

Teah Williams-Hampton 37:14 Enough. It's never we have a never we had a never enough culture. It's never enough, even when there's a win it's like okay I won, when the next win.

Jen Weidner 37:24 Yep.

Teah Williams-Hampton 37:24 Where's the next win so hopefully, there will be this idea. That we can still be successful, we can still be very, you know, do very well without, like driving ourselves into our or driving other people into a poll. You know, but that has to be a value. They're going to always be those that are, you know, just really, really driven all the time, but I'm gonna question that too. I'm gonna be like, Well, what is that about?

Jen Weidner 37:49 Well I mean, we had, we have a lot of people who left their jobs or won't go back to what there was and then they get called losers or they want to hand out or they don't want to work. No, they don't want to go back to what wasn't working to what was killing them. Yes they want to go back, they want to be respected.

Teah Williams-Hampton 38:10 Yes. And sometimes I wonder who's, who's the one like who's saying that? Who is saying that and is it coming from sure. Probably some of the older generation folks who didn't have the option, you know, right. So there's some value system there. That's what I love about Brene Brown in her book of Atlas of the Heart, she talks about resentment, right. And she like she got resentment was a part of anger. Well, no resentment is envy. It's like in the family of envy. And so I have resentment because that's something that I could never do. I always had to push through. I always had to go through. The circumstances of those times.

Jen Weidner 38:51 We hear that so much. Well, back in my day (fill in the blank) was us trying to get you know, student loans managed people like I had to pay my student loan you should too.

Teah Williams-Hampton 39:02 Be fine with that because first of all, what, what times has changed and I think we have to look at what the politics are, you know, behind you know, behind that as well how the cost of ,of going to school and going to college has increased and how the funding in the government shifted from being heavily grant funded to being heavily loan. So I mean, you gotta miss me with that. Until,until you have education behind what you're talking about and why folks are in are so underwater with, with these. So I know we kind of stuck with it.

Jen Weidner 39:39 But it does tie in to the pandemic because all of the pandemic brought all of this to the surface, It's been there. We just had to have that time to marinate. Yeah, that quiet time where we're like, stuff is not working.

Teah Williams-Hampton 39:53 It's almost like Yeah, so 30-40 years from now, are we just going to be like, Oh, okay, well we went back to normal or are we going to actually work on the things that came up? Have we done that? How are we in the process of things because you know, governance is slow, you don't have we done that, you know, is our society any better?

Jen Weidner 40:12 Or a lot of us are being called radical or super liberal, because we want people's lives to be better. We don't want people to have to continue these hard lives. The pandemic has taught us that. Life is short.

Teah Williams-Hampton 40:25 Yes

Jen Weidner 40:25 Anything can happen.

Teah Williams-Hampton 40:26 Yes!

Jen Weidner 40:27 Why not make people's lives easier?

Teah Williams-Hampton 40:29 Yeah. Once you know what that would have to be that look, and this is that's the other thing that I've learned that would have to be a part a value. Right? So what I'm learning is that a certain segment of the population have a different set of values, and it's about what you can use people for.

Jen Weidner 40:49 We,we we've seen these past two and a half years

Teah Williams-Hampton 40:51 Yeah,can we use people but folks are like, You know what, I don't think I have to do that anymore. And I can find a way to live without you. Right?

Jen Weidner 41:07 I find, find someone who's going to respect me.

Teah Williams-Hampton 41:10 Yeah.

Jen Weidner 41:10 And treat me well and pay me for the work that I do.

Teah Williams-Hampton 41:13 Yes, yeah. Yeah, I mean, all, all of that stuff. And so the pandemic really shook. You know, I guess the structure, the financial structure, the social structure, all of that stuff. And I mean, people are still trying to figure it out. I'm like folks, if folks haven't gone back to work, not to say some people don't have regrets about what they did, or even some people who have gone back to do some things, but they're out here still surviving. Some of them are thriving. That's telling it is very very so just because they're not at your, at your favorite restaurant and now has to close at seven o'clock because nobody's working doesn't mean nobody's there working that doesn't mean that they're not working.

Jen Weidner 42:01 Doesn't mean, people aren't working. They're working, what suits them, what fulfills them yet. I mean, it's sad that we had to have all these hundreds of 1000s of people die and get sick for that to happen. But this is the reality of it. I mean,

Teah Williams-Hampton 42:18 Yeah!

Jen Weidner 42:18 Here we are.

Teah Williams-Hampton 42:19 Yeah. I think we're gonna continue to learn lessons. I think we're gonna continue to see you know, what the pandemic in the last two, three years has, has, has to show us this is this is an early interview right? You know, 10 years from now what are we gonna say?

Jen Weidner 42:37 Right, exactly. What do we get? like it'd be interesting to like go back and interview people that I've interviewed for this in a couple of years and see

Teah Williams-Hampton 42:43 Yeah, cuz I'm, nobody called off the pandemic, like

Jen Weidner 42:46 No the pandemic did not get that memo that it's done. It's closed. It's over because as we know, as of today, China is shut down again.

Teah Williams-Hampton 42:57 Yes. Yeah. There are a whole I think my ,my mother in law lives in a spot where they close down the school district. You know, they're, they're doing that but I think folks are trying to, so sick of things are like willing to take risks or whatever. But we'll see. We'll see. Oh, no, we're still in it.

Jen Weidner 43:15 Was there anything else you want to tell us?

Teah Williams-Hampton 43:17 No, no, you know, I'm just glad that you're doing this if I did have something else and probably left Covid brain. But no, this was good. Thank you for having me on and I wish you much success and the stories you continue to collect.

Jen Weidner 43:36 Well, thank you so much for taking the time out to be here tonight.

Teah Williams-Hampton 43:38 You are so so welcome.