

KICKING THE TRUMP FUNK

Tips from a local therapist for staying sane while staying informed

Look around and see signs of political burnout, in more than just eyes red and raw from excessive newsfeed scrolling. Listen and hear it in voices: nervous laughter, talk of fascism and edgy jokes about leaving the country.

And all this is amongst folks who arguably have the least to lose with the election of Donald Trump.

For less comfortable Americans, this malaise — this Trump Funk, if you will — is more like abject terror, a genuine nervous exhaus-

riage and family counselor, is founder of Eugene Therapy and Oregon Counseling of Corvallis. Zola says that, post election, his organization has definitely had an uptick in calls for first-time appointments

“People remain concerned about how extreme, racist, homophobic and oppressive views have been normalized during this election cycle,” Zola says. “The uncertainty this creates tends to have the most salient impact on vulnerable populations, including (but not limited to) those with chronic mental health conditions.”

But in addition to fear and uncertainty, Zola says the election has renewed a commitment in people to taking action for social justice causes they feel a Trump administration will threaten. “To some degree, we are seeing and hearing increased mobilization and interest in finding common ground,” he says.

“The existential threats of climate change, war and fascism are on people’s minds,” Zola continues, “and this can serve as a motivator to organize and advocate for our values in a way

‘Fear tends to be experienced in a private and isolative way.’

— MARC ZOLA, COUNSELOR

tion. A quick Google search produces a sea of how-to articles about dealing with post-election anxiety.

Back in October, The New York Times reported Manhattan therapist Sue Elias saying: “I’ve been in private practice for 30 years, and I have never seen patients have such strong reactions to an election.”

Barack Obama is no angel, but with the election of our nation’s first African-American president, it felt like a page had turned.

And now, with a gross primary season resulting in what promises to be one of history’s most dangerous presidencies, that page has been slammed back hard — harder than anyone could’ve dreamed.

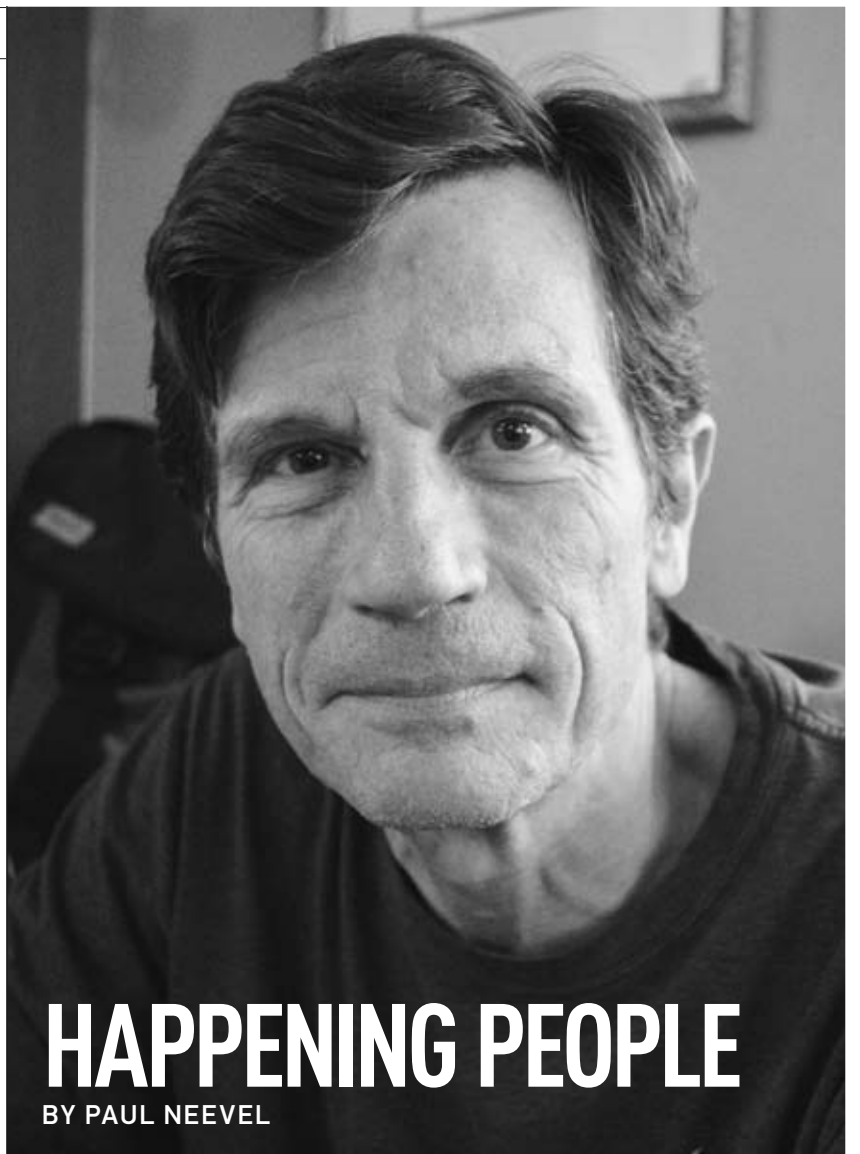
Marc Zola, a Eugene-based licensed mar-

that both brings us together and creates personal satisfaction as a healthy byproduct.”

So besides growing a big black beard and heading for the hills in green Army fatigues with an AK-47, what does Zola suggest doing to weather the upcoming four years while managing to stay sane?

“Our advice is to consider taking some of the time spent being exposed to news and putting that toward reaching out to others and practicing self-acceptance,” Zola advises. “Fear tends to be experienced in a private and isolative way — part of the antidote to this is realizing that many others are experiencing very similar feelings.”

“There is power in realizing you are not alone,” Zola says. ■



HAPPENING PEOPLE

BY PAUL NEEVEL

MICHAEL FULLER

“I studied for a year at the University of Dakar in Senegal,” says Michael Fuller, who was at the time a philosophy major at Kalamazoo College in Michigan. His graduation requirements included study abroad and work-study at home, so he also taught outdoor school in his home state of Maine. After graduation, Fuller returned to Ocean Park, Maine, to continue teaching outdoor school. He moved to Eugene four years later, in 1986. “I met my wife, got married in ‘89,” he says, “and I went back to school at the UO for a master’s in special ed.” The couple moved to Portland, where he taught in Beaverton schools for six years and served summer internships at local tech firms. “After my internship at Intel, I didn’t go back to teaching,” he says. “I worked 19 years for Intel, managing programs in engineering, product development and IT. I worked in every area but sales, HR and finance.” When he retired from Intel in June of 2016, he applied to the Encore Fellows program sponsored by Social Ventures Partners Portland, an organization that matches business retirees to nonprofits. “I’m the only Encore Fellow in Eugene,” says Fuller, who began a year of half-time work on digital security for ELAW (Environmental Law Alliance Worldwide) in September. “It’s a big draw for me. ELAW supports grass-roots activists in 80 countries. The fellows program pays me a stipend. ELAW doesn’t pay.” He and his wife moved back to Eugene, where they have found a house for sale next door to her parents, and where he can enjoy commuting to work by bicycle.

SLANT

- Let the games begin! Pete Sorenson’s announcement that this is his **last four-year term as Lane County commissioner** opens the floodgates for candidates to step up in his progressive South Eugene district. Not an easy job for a progressive, it does now pay \$84,457 annually, making it the best political pay prospect in the county. We wonder if Andy Stahl will run again or if a smart, strong woman will try to join the current men’s club? Kudos to Pete for making this announcement four years out.

- Donald Trump is not Making America Great Again, but he is doing a lot to make *Saturday Night Live* amazing. Don’t forget to watch **Alec Baldwin’s cold opening on SNL this historic week**. His Jan. 14 take on Trump’s “press conference” dissing the media was hilarious. We can’t even imagine what he and his writers will do with the inauguration.

- The Eugene arts world hasn’t quite signed on to the **national J20 Art Strike** against Trump’s inauguration, but two arts groups plan positive protests. Oregon Contemporary Theatre, 194 W. Broadway, will join the national Ghostlight Project from 5 to 6 pm, Thursday, Jan. 19. Bring a light and “make or renew a pledge to stand for and protect the values of inclusion, participation and compassion for everyone.” At the UO, the Jordan Schnitzer Museum of Art offers free admission Friday so people can “use art and the museum as (a) place for reflection and dialogue” on Inauguration Day.

- Let’s channel **energy into action!** The Women’s March is Jan. 21 in Eugene and across the country, and thousands of people are traveling to Washington D.C. the day after the inauguration to address fears women and minorities face as President “I Grab Them By the Pussy” takes the oath of office. On Jan. 16, the annual Martin Luther King Jr. Day march in town saw a group we estimate to be around 1,500 take to the

streets rallying for racial justice (kudos to Phil Carrasco of Grupo Latino de Acción Directa and Kevin Summerfield of Eugene 4J schools for getting NAACP Community Leader Awards) and on Jan. 15, rallies for affordable health care, inspired by a call from former presidential candidate Bernie Sanders, took place in Eugene and across the nation. Now, as our favorite fictional president Josiah “Jed” Barlet used to say on *The West Wing*, “What’s next?”

- In the print version of last week’s Slant about the upcoming Jan. 25 **Point in Time homeless count**, due to an editing error, we incorrectly wrote, “Four unhoused people in Portland have died as a result of Oregon’s frigid weather. That’s two people too many.” It should have read “four too many” as *EW* believes no unhoused person should die of exposure. Since last week, a stillborn baby birthed by a homeless mother has further called attention to the issue in Portland.