

Contents

Proem 1

Leverage Privilege 1

Rebels in Health..... 1

Navigate 1

Adapt 2

Call to action 2

Music for the Soul 2

Voices for the Mind 2

Podcast Outro..... 2

Proem

Greetings, I’m trying to make sense of the chaos and disruption all around the U.S. and the world. I struggle to focus and direct my energies. I doom scroll, fret, and get mad at myself. As a child of holocaust survivors, my pathological optimism collides with my apocalyptic thinking. I’m afraid for our safety, health, and care. We need teams, organization, trust, and protection more than ever.

Leverage Privilege

Coming home from Ann and my inspiring trip to Cuba, I feel overwhelmed by our privilege. We live below our means and have no dependents. Our mortgage is paid off, and we’re in love. I have all the toys I need. I can take calculated risks. I don’t need a black market - yet. I’m seasoned, connected, and as healthy as I can be. My superpower is accepting what is and adapting. I have a platform and understand the infrastructure needed to support action promoting best health and care, whether adapting or resisting. How I miss Mighty Casey Quinlan!

Rebels in Health

My friends and colleagues, our work must continue—whatever we can manage minute to minute. We know many people and are skilled at what we do. Susannah Fox says in *Rebels in Health* that we are seekers, networkers, solvers, champions, and *communicators* (my add). That's the mix of Rebels in Health we need right now.

Navigate

I’m oriented to action. What action? Where and how should I increase my presence? Where do my peeps share information - Substack, LinkedIn, YouTube shorts, Instagram, TikTok, Medium, Patreon, BlueSky? Yikes!

I’m connected to a network of podcasters. How can we leverage and channel our voices? I can and will assist rebels and champions when and where I find them.



<https://www.health-hats.com/pod230>

I'm staying in the health and care space. It's what I know and where most of my hats are. Health, love, power, and agency fit together – hand in glove.

Adapt

How can I adjust my practice patterns and focus during this chaotic time? I will reduce my long-form work—monthly 30–60-minute interviews with time-consuming multimedia tentacles—to shorter form, more often, to enable more time for listening and caring.

Self-care rules. Music, a healing force, stays, even increases. I need joy, celebration, and rest every day. I need inspiration (you).

Call to action

What do you do for self-care? How can I support you on these platforms? Feel free to reach out to me on any platform or medium. I'm here to listen and will do my best to respond. While I figure out the best channels, you can email me at dannyhealthhats@gmail.com. As usual, you can find everything Health Hats here <https://linktr.ee/healthhats>.

Music for the Soul

Today's music selection is *The Weight* by The Band [Featuring Ringo Starr and Robbie Robertson | Playing For Change | Song Around The World](#).

Voices for the Mind

I'm following [Helene Epstein's Patient No More Chapter 2: The Very First Thing You Should Do, Today](#). The easiest weapon against misdiagnosis is in your phone.

Podcast Outro

I host, write, and produce Health Hats the Podcast with assistance. I'm grateful to you who have critical roles as listeners, readers, and watchers. Subscribe and contribute. If you like it, share it. Love ya, see you around the block.



<https://www.health-hats.com/pod230>