Community-Based Research Canada
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# COVID-19: A Time to Pause

A CBRCanada Live Discussion

On January 27, 2022, CBRCanada members joined Dr. Shaun Hains, Elder and Hereditary Chief, Métis Nation of Alberta, in a live discussion to further explore issues raised in her webinar on pausing, ethics and community collaboration from an Indigenous perspective. This summary highlights participants' reflections from the conversation.

## Questions to Ponder

- How do you understand pause as a verb? In your life and/or in community-based research?
- How is the word "pause" different from "new" or "change?"
- Is pausing a part of ethics?
- As we learn to pause, what do we learn about ourselves and our relationships?

## Highlights from the Live Discussion

We must take time to pause and look inwards at ourselves to gain perspective.

It is important to talk about change after it happens, so we may grow from it.

Pausing can be an opportunity to sit back and listen to those around us.

We resist change because we fear the unknown, yet it is necessary to the process of learning.

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