

## Brianna Jackson



Today, we are featuring the portrait of Brianna Jackson, a PhD nursing student at the Yale School of Nursing. . “I’m a proud Canadian and have called the province of Ontario home. Even though Canada and the United States are neighbors, I often describe my experience moving to the U.S. as transitioning to an alternate reality - that is, the same, but different!

From adjusting to monochromatic currency to super-sized food portions to imperial measurements, I’m definitely a fish out of water. I moved to New Haven last summer to pursue my PhD in Nursing. As a Registered Nurse, I specialize in adolescent and emerging adult mental health, and particularly enjoy working with marginalized youth. I’m passionate about trauma-and violence-informed care, and am fascinated by the concept of resilience.

Since the Coronavirus pandemic began, I’ve been thinking a lot about how individuals, families, and communities cope during times of incredible adversity. With the added complexity of physical distancing, how do we maintain social cohesion and demonstrate empathy?

I started a little creative side project called Kindness Coalition (@kindness.coalition). Every morning I post a new kindness challenge on social media for followers to participate in. My hope is to keep both myself and others feeling energized and (virtually) connected over the next few months. We’ve all been negatively impacted by COVID-19 in one way or another, so I figure now, more than ever, it’s important to be kind to one another.”

@surbhib42 #humansofyale

[https://www.instagram.com/p/B\\_NWlxFJcDF/](https://www.instagram.com/p/B_NWlxFJcDF/) [1]

---

**Source URL:** <https://oiss.yale.edu/humansofoiss/brianna-jackson>

**Links**

[1] [https://www.instagram.com/p/B\\_NWlxFJcDF/](https://www.instagram.com/p/B_NWlxFJcDF/)