

5 P's

and Men's Identities in Times of Crisis

Protector provider parent partner person

In times of emergency, crisis, and grief, many men overlook the importance of their own mental health and well-being. This neglect not only affects them but can also have significant repercussions on their families. While many men recognize their roles as protectors and providers, it is essential to reflect on the true meaning of these roles, alongside other key responsibilities.



Protector provider parent partner person

Protector:

In times of emergency or crisis the role of protector becomes the foremost thought of most men. This role is about making sure that you, your loved ones, your family, and members of the community are safe from harm. That's not only mean seeking shelter or relocating to places of less conflict. It also means being a role model of safety and non-violence for others. It means attempting to remain calm and to inspire calm and rational thinking amongst others. It is about creating a safe space where everyone is free of violence or judgment from one another, as much as from the dangers in the environment.

Parent:

This is an identity, involuntarily, is unattended to in times of emergency or crisis. While the need to listen and watch the news in order to keep updated with an ever-changing and dangerous situation, or to attend to many of the other responsibilities that urgently arise in times of crisis, it is important to remember the children who look to you for support and guidance. Explaining the situation in an age-appropriate manner, calming fears that children may express or are afraid to express, or simply holding them and giving them affection are of the utmost important roles of men and parents in times of crisis. There is much harm that is unseen that will manifest later if this role is not attended to.

Provider:

Most men see this role as central to their identity, however, this role is about much more than simply providing resources. In its essence, it is about providing CARE. This is so important in times of emergency and crisis where much fear is prevalent. Providing this care might need being a shoulder to cry on, someone who listens and tries to understand the emotions of others, and someone who emits a positive mentality that keeps everyone, including themselves, hopeful. Above all, it means showing and giving CARE as a way of countering the fear.

Partner:

This is a role men can play with a life partner, a colleague, or members of their community. There is no time that partnership is more important, or the need for strong partnership more apparent, than in times of emergency or crisis. Sharing fears and vulnerabilities can strengthen partnerships and relationships between people. Sharing positivity and a sense of hope can also strengthen the bonds between them. The power that is generated from people standing equally, side-by-side, empathizing with one another, and letting one another know that they are not alone and that they are cared for are the noblest acts one can do in an emergency.

Person:

it is extremely important for anyone, and especially men who are socialized to do the opposite, to express their emotions. This is especially true in times of crisis. Without expressing emotions, honestly with oneself, and with trusted loved ones, stress and unexpressed or unresolved anxieties can add extreme amounts of pressure on an individual. Whatever those emotions might be, fear, anger, shame, or sadness, it is important that these emotions are expressed in ways that are non-violent towards others. Closing up and not showing emotions, alternatively, increases feelings of isolation, loneliness, and hopelessness. Without expressing one's emotions, stress will ultimately affect their physical well-being, relationships with the people one cares about the most, and sense of self.