

Professional Communication & Leadership In Healthcare

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Task 1: Observing Bioreactions

It was in July 2008 in Baltimore Maryland at my aunt house enjoying 4th of July together with friends and family. We were all talking, eating, drinking and enjoying ourselves at my aunt's house. The kids were in their little corner playing and running around at my aunt's big yard. All over sudden, we heard gunshots. At first, we all thought it was the regular 4th of July shot outs. None of us realized what was happening. All over sudden, our neighbors from the other end also having a cookout at their yard started running. I could hear the sounds from police cars and firefighters and all gearing towards one direction. I stayed at one spot (Freeze). I felt afraid and so scared. Thought I was going to die. All I could hear at that point was my family members yelling and screaming at me. It was a couple of minutes I found out that it was my aunt's neighbors who were firing gunshots at each other after they broke into a fight (Bastin, 2016). I then saw firefighters moving someone from the house all covered with blood. That was the first time I ever saw anything like that. I was shaking, and at that point, I started to ask about my kids and other members of my family.

The lesson I learned from that incident is to pay attention to my environment and to be more aware of my bioreactions. Knowing the necessary steps to keep calm and overwhelming our emotions during stressful situations is very important as it helps us to recover from the fear as a result of witnessing the shooting event between neighbors while at my aunt's place.

Reference

Bastin, G. (2016). Quantitative analysis of metabolic networks and design of minimal bioreaction models. *Revue Africaine de la Recherche en Informatique et Mathématiques Appliquées*, 9.