



Resilience at times of crisis

The story of Jack Wee Rabbit and Dr Betty and how we can all practice compassion, gratitude, creativity and joy during times of crisis.

By Dr Ioanna Nixon, a Consultant Oncologist at the Beatson West of Scotland Cancer Center.

At the beginning of this month David, my 4 year old son was busy building something with Lego. Frequently, his creations don't match what the average adult brain would guess they are. This one looked impressively big.

Me: "What are you building there?"

David: "I am making a massive Lego castle."

Me: "This is wonderful! Why are you making it this big?"

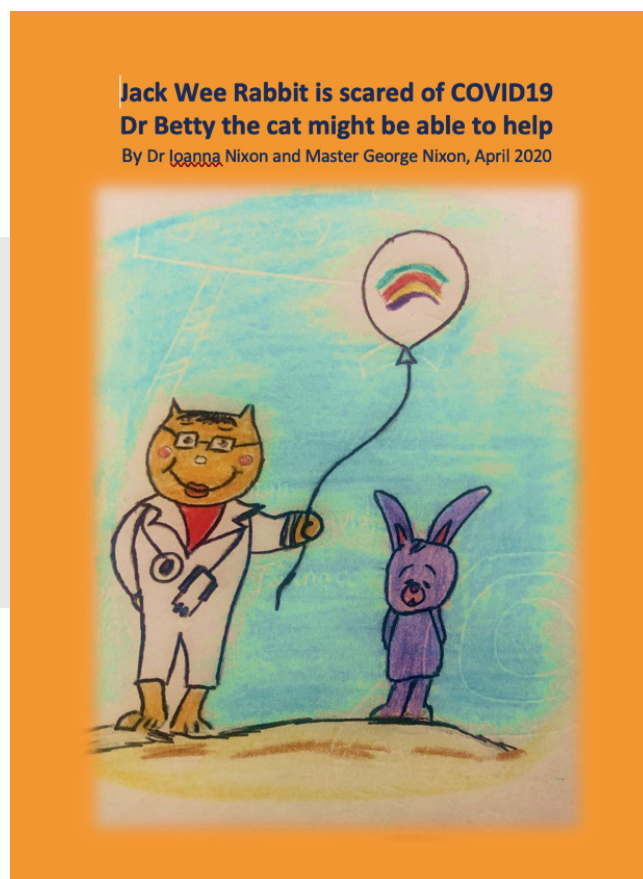
David: "I want to stay there forever.
To protect myself."

Kids understand more than we think. When my 4 year old was building the Lego castle to isolate, I thought I needed to do something to help him understand the current situation. So the story of Jack Wee Rabbit and Dr Betty was born!

His 9 year old brother helped me make this story and create a book to help adults explain to kids current situation through



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You can download the book for free here:
<https://bit.ly/JACKWEERABBITISSCAREDOFCOVID>

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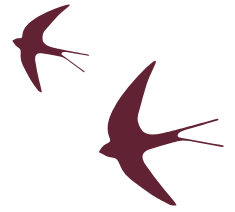
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The Story of Jack Dee Rabbit and Dr Betty

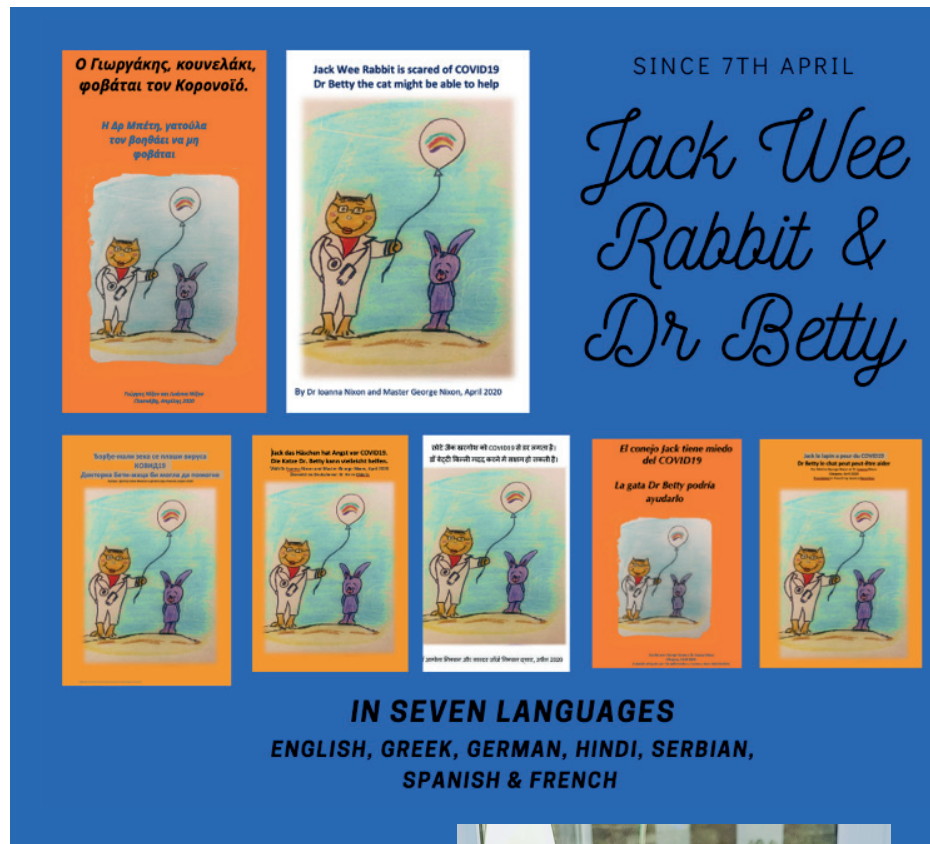


COVID19 epidemic. We read it to David, who was smiling all the way through.

The story of Jack Wee Rabbit and Dr Betty was born on the 7th April. Since then it was so well received that it is now translated in seven languages: Greek, German, Spanish, French, Serbian and Hindi. An amazing talented friend and a great stitcher made dolls after the characters too!

Following success of the first book, many contacted me to say kids struggle at home with boredom. Dr Betty and Jack Wee Rabbit are having another chat in the second book, telling kids they can still have fun and learn at home, even if the world seems a bit scary.

We hope both books help children and parents through this challenging transitional time.



About the author

Dr Ioanna Nixon is a Consultant Oncologist at the Beatson West of Scotland Cancer Center, a Visiting Professor at Strathclyde University and Clinical Lead for the Scottish Sarcoma Network. She cares for people with head and neck cancers and sarcomas. She holds a PhD in radiotherapy, an MPH degree and recently graduated from the Scottish Quality and Safety (SQS) Fellowship.

She has a leading role in research as the NCRI Chair for Head and Neck epidemiology and Survivorship subgroup. Ioanna has been awarded for her contribution in patient care with a Faculty of Management and Leadership (FMLM) Fellowship. She lectures on compassion and resilience and facilitates compassion and resilience workshops. Her team and Scottish Sarcoma Network is finalist for the National BMJ awards under cancer team 2020.

Follow Ioanna on Twitter: @Ioanna_Nixon



The "Jack Wee Rabbit is bored at home. Dr Betty can help" book is available at amazon:

<https://www.amazon.co.uk/dp/B087PH6VPK>

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