



HOW TO BE YOUR BEST
DURING TIMES OF CRISIS

HOW ARE YOU?

During these times of disruption, how are you taking care of yourself?

How are you coping with

- Working from home
- Managing your business
- Online schooling
- Social distancing
- Self isolating
- Taking care of yourself and others
- Lock down, restricted travel
- Connecting with family and friends

Likely you are experiencing mixed emotions. Some days may be better than others. If you are living alone you may be experiencing struggles with the lack of physical human contact. You may be with your spouse or partner, which may cause challenges in communicating and tolerating them 24/7. If you have children who are at home, likely they need lots of your time and support with online schooling.

Whatever situation we may be in, likely we have moments of frustration with our restricted living conditions and being unable to go out and socialize.

Some may find solace in escapism such as bingeing on Netflix, while others may be panic working.

There is no magic wand or a quick fix solution. but here are some suggestions that may be helpful.

WHICH ZONE ARE YOU CURRENTLY IN?

You may have seen this graphic recently...

- Which zone are you currently in?
- Have you moved towards learning and growth?

Social & Media influence is all around us, and so much information creates FUDGE

Fear
Uncertainty
Danger
Greed
Envy

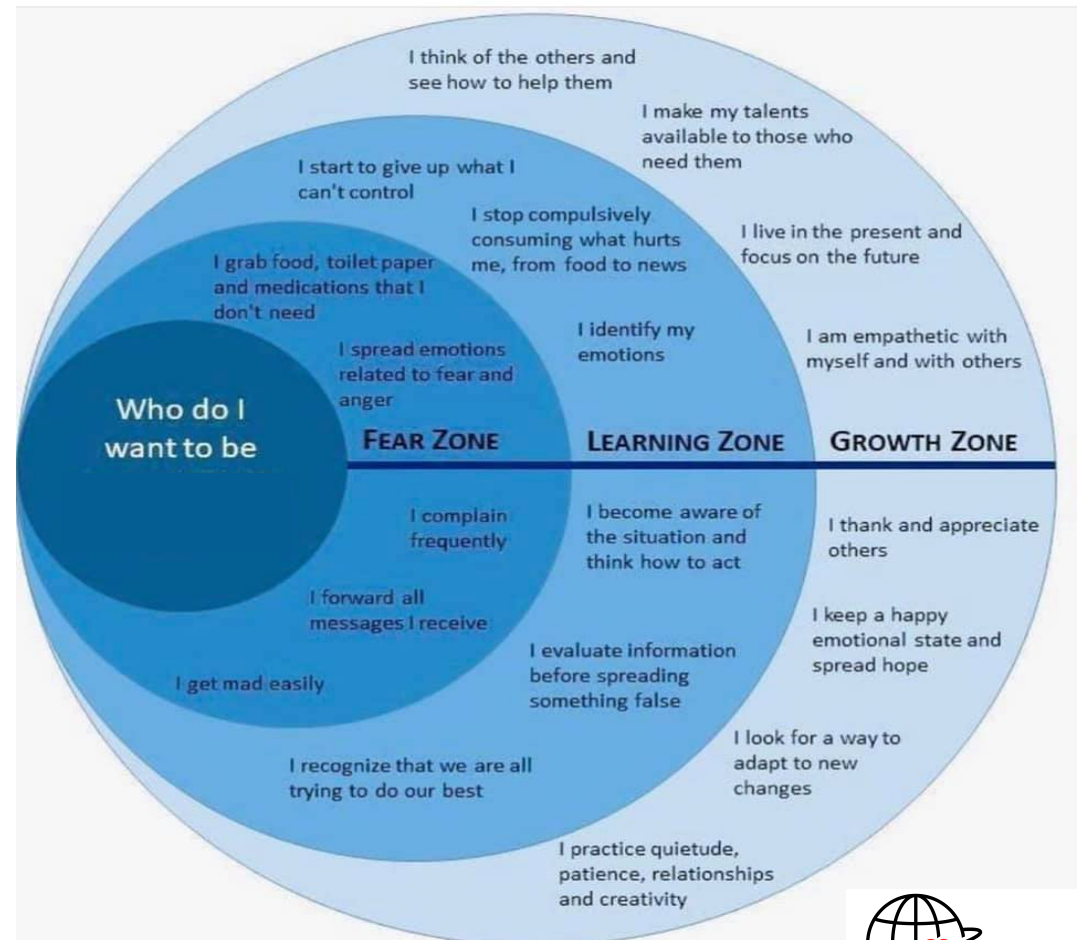
**Note bad news sells, while good news doesn't.

Consider filtering what information you are allowing into your world. Watching the news constantly may be adding to your stress levels.

TIP: go to source.

The World Health Organization www.who.int and your local Government Authorities will give you correct current information.

Whereas a whatsapp message from a friend who's cousin's husband knows a doctor... is less reliable and likely to create more FUDGE!



ICE CREAM

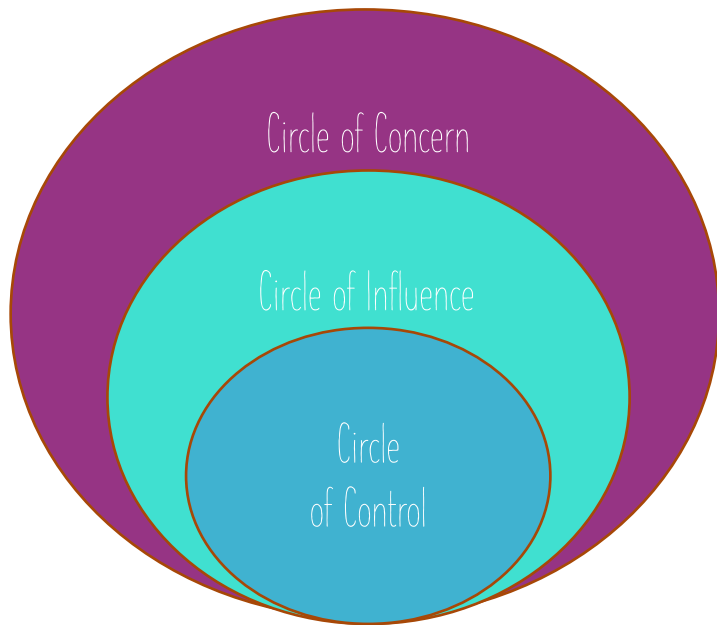


- Introspection** Developing your inner awareness of your feelings, emotions and thoughts. Listening to your heart and gut: what do they truly need and want?
- Calmness** Bringing calmness to situations. Regularly practice balanced breathing
- Empathy** Caring for others who are suffering. Reach out to others who may be struggling or alone.
- Compassion** Love and kindness for yourself and others. Demonstrating gratitude and appreciation and connecting to others
- Responsibility** For your own results, doing what needs to be done. Acting responsibly for your own safety and the safety of others.
- Engagement** Connecting with others and being present with them,. Communicate. Play with your children.
- Action** Living each day. Following a routine and getting things done. Developing yourself and learning new skills that will help you.
- Mindset** Focusing on what you want rather than what you don't want. Thinking positively. Exploring the opportunities to use this time effectively. Plan your bounce back with both short term and long term goals.

KNOW YOUR IMPACT

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.

The Serenity Prayer



- **Circle of Control:** Focus on what YOU can do.
 - What can you stop doing?
 - What can you start doing?
 - What can you change to improve your situation?
- **Circle of Influence:** people in your household, your family , friends, colleagues and team members, neighbors, communities and your network.... These may be areas where you can influence and help others during these times.
- **Circle of Concern:** Everything beyond your circle of influence.

"Recently I received a very disturbing video clip of many people suffering in another country. It was deeply upsetting and made my heart ache. This was certainly an area of concern, yet I was unable to do anything to help. What could I do within my circle of influence? I brought my attention and focus on helping people within my reach, exploring ways of making a positive impact where I could add value to others and make a difference.."

"CHANGE THE WAY YOU LOOK AT THINGS AND THE THINGS YOU LOOK AT CHANGE"

WAYNE DYER

In a crisis there is a time of danger and a time of change/opportunity.

Everyone is in danger.
Just look at the rising
number of people dying!!!

This pandemic is
the worst thing ever

*No one can tell me
what to do! I am ok
so I will go out when I
want to.*

I don't have
everything I need
from the office so I
can't be effective
working remotely.

CRISIS

危機

A time of danger;

A time of opportunity;

There are many people
recovering... and the
statistics are much
lower than many other
causes

This massive disruption
is bringing people
together in new and
creative ways

*I will do whatever I
can to keep myself and
others safe and
healthy*

I am discovering
new ways of
working from
home



TOP TIPS FOR LOCK DOWN

1. Take care of yourself. Sleep well, set a routine and include your personal hygiene
2. Eat healthy – it's the best time to be boosting your immune system. Avoid snacking every time you go to the kitchen
3. Practice balanced breathing, yoga, meditations, prayer
4. Take care of your mental health. It's ok to not be ok sometimes. Reach out and ask for help if you are struggling
5. Connect with family and friends. Regular conversations that help you connect. Reach out to neighbors, friends and extended family members
6. Learn something new. Upgrade your skills. Online courses, webinars, cooking. Take up a new hobby
7. Exercise. If you can't get to the gym get creative with exercising at home. Plenty of online workouts to help you
8. Escapism may be useful... Take a break from TV and Netflix. Listen to music, play games, read a book, write, draw, paint
9. Keep positive. Limit how much negative information you allow. Remove yourself from negative social media groups. Seek positive news
10. Do projects. Declutter your home. Rearrange your furniture. Spring cleaning. Complete any DIY tasks. Plan for future holidays.



TOP TIPS FOR HOME SCHOOL



1. Remember it's a new situation for your child as well as you. If you're stressed they'll be stressed too
2. Do what fits in best with your schedule as a family, especially if there are several children and you're working too.
3. Work as a tag team if there is more than one adult at home so you both get time to do your work or supervise the children
4. Recognise emotions and give your child opportunities to connect with friends through technology
5. Recognise you aren't a teacher and that you may not know how- and that's ok, it's not failing
6. Communicate with the teacher if you are unsure of anything
7. Don't expect a long concentration span- work in 20-30 minute blocks for younger children
8. Tap into their interests to do a project of their choice
9. Use technology to find the free exercise video like Jo Wicks
10. Draw with Rob every day online
11. Lots of authors are reading aloud like David Walliams and audio books by Julia Donaldson
12. Museums and galleries are putting collections online
13. Google the 30 day LEGO challenge - images
14. Be creative - play LEGO, draw, learn about your kids interests, play games, cook together, do the chores, avoid screen time in the afternoons, plan exciting places to visit after- put suggestions in a jar, make a time capsule of things that happening now and bury it in the garden to dig up later...

TOP TIPS FOR WORKING FROM HOME

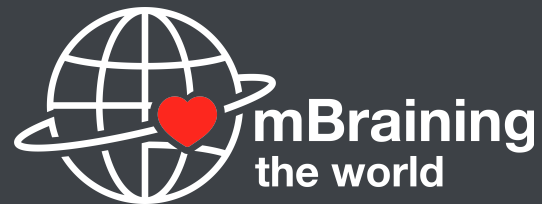


1. Create a designated working zone
2. Get familiar with online video conferencing especially for business meetings. e.g. zoom, gotomeetings, MS teams. There are plenty of online tutorials
3. Plan a routine with chunks of work time and take regular breaks
4. Keep in touch with your team and colleagues
5. With no traveling or parking, you may find you are scheduling more meetings than usual. Be sure to allow time for follow up and stretch breaks in between
6. If you don't have an office chair at home, use cushions to support your back and take regular stretch breaks
7. Get clarity on expectations. Have regular conversations and review agreed expectations
8. Keep healthy, drink plenty of water and avoid snacking

Online Meeting Tips

- Dress appropriately, at least from the waist up
- Eliminate distractions as far as possible
- Video view should be head & shoulders
- Consider your background, people will be checking out your home.
- Position camera at eye level to avoid a view of your nostrils
- Look into the camera to create “eye contact” rather than looking at the person on your screen (it takes practice!)
- Mute microphone and unmute when needed
- Be prepared before you log in
- Avoid asking “can you hear me” and assume they can. They will tell you if there is an issue.





For more info g and resources visit
www.mBrainingtheworld.com