Thriving in Crisis: Strategies for Preparation and Presence

Two-Word Check-In

Tune in with your physical body, emotions, and thoughts to take the temperature of your current state. Write down two words that describe your current experience:

1) _______________________________________________________________________
2) _______________________________________________________________________  

Awareness of Current Patterns

How have you been showing up in response to the COVID-19 Pandemic? Consider light and shadow expressions of being prepared and being present.

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Awareness of How to Cultivate Balance

How do you want to show up to your life to create more balance?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Taking Responsibility for Being Prepared and Present

Utilize these powerful research-backed practices to bring yourself into balance, and be a leader who thrives during crisis.

Body-Pummeling to Break Up Tension

This is a simple and effective tool to soothe the nervous system and get circulation flowing.

Sit or stand tall, and take your hands into gentle fists. Start to pummel your chest, arms, hips, legs, and torso with your hands with moderate pressure. Pay attention to the sensations in your body as you feel the stress start to melt away. Continue until you feel refreshed.

Gratitude Practice

Describe three people, experiences, or things in your life you are grateful for today and why.

1. _______________________________________________________________________
2. _______________________________________________________________________
3. __________________________________________________________________________

Alternate Nostril Breathing

Note: Elongating your exhale is like turning on the switch to your parasympathetic nervous system, which allows your body and mind to relax and release stress.

Instructions:
1. Block your right nostril with your thumb, and breathe in through your left nostril.
2. Close your left nostril with your ring finger. Breathe out through your right nostril.
3. Breathe in through your right nostril. Close it, and breathe out through your left.
4. Breathe in through your right, and repeat for 5 or more cycles. Notice how you feel.

Conscious Consumption of Information

It is essential to be thoughtful about what information you consume during a crisis; considering how often, when, and from whom. Please fill in the following questions to help you thrive:

How often do I want to consume information about COVID-19?
______________________________________________________________________________

At what time(s) of day?
______________________________________________________________________________

From what sources?
______________________________________________________________________________

Commitments: Putting it Into Practice

How are you committed to cultivating a balance of preparation and presence during this crisis?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Brainstorm a list of actions and/or practices that would immediately support these commitments.
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What reminders will you put in place to help keep you accountable to yourself? (i.e., phone alarm, calendar reminders, post-it notes, etc.)
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Who is someone you can ask to help hold you accountable to your goal?
______________________________________________________________________________

______________________________________________________________________________