

Covid-19: Stress Reducers (WHO)

1. Limit your news intake; rely on trustworthy sources
2. Boost optimism: observe and share positive stories
3. Breathe deeply: it calms and regulates the autonomic nervous system (Mayo Clinic study)
4. Move: in the short term, movement reduces the stress response. Consistent movement over time changes the structure of our brain, improving memory, learning and self-esteem
5. Set goals for how you will manage the stress

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Box or Square Breathing

“A technique for taking slow, deep, deliberate breaths to heighten performance and concentration while relieving stress.”

~Mayo Clinic

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Navy Seal Training

The diagram shows a square with a central '4 seconds' label. Arrows indicate a clockwise cycle: 'Breathe In' at the top, 'Hold' on the right, 'Breathe Out' at the bottom, and 'Hold' on the left.

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Impact of goal-setting on success:

- Individuals who set goals achieve them 10 x more often than those who don't
- When studying those who set goals, those who write them down are 3 x more successful than those who don't

~Harvard Business School study (2016)

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What is/are your goal(s)?

“Begin with the end in mind...”

~Franklin Covey

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Possible Goals:

- To remain healthy throughout the pandemic
- To actively support my family, clients and community during this time
- To emerge from the crisis a better partner/resource/etc.

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Goal(s)		To remain healthy To actively support my family, clients and community during this time	
Professional	Physical	Spiritual	Financial
Accountability Strategies			

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Professional:

- Establish a routine
- Keep a daily progress chart
- Stop working at the end of the day
- Reach out to every client 1/week to offer encouragement or help
- Curate a collection of helpful resources and share with friends, family, clients, etc.

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Physical:

- Walk 30 minutes every day
- On-line yoga class 3 x week
- Sleep 7 hours/night
- Train for a 10K
- Limit snacks between meals
- Limit/avoid alcohol

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Spiritual:

- Practice mindful meditation
- Practice positivity –share uplifting stories/observations
- Daily spiritual readings
- On-line worship
- Help at least one person every day (e.g. TP sharing ☺, meal prep, dog walk, etc.)

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Financial:

- Keep my long-term financial goals in mind
- “Check” my fears against history
- Rework family budget and leverage the money saving lessons Covid-19 has taught me for post-crisis gain
- When this is behind us, answer “What could I have done to be better prepared?” Implement relevant change

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Now what...?

Accountability



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Some strategies to stay on track:

- Visibility helps – post the plan someplace you’ll see it every day
- Find an accountability partner
- Use checklists
- Set mini goals every morning; review them at the end of the day
- Positive reinforcement – celebrate success!

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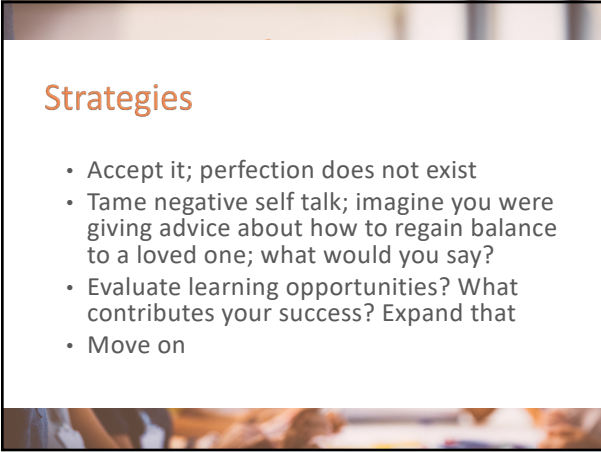
Goal(s)		To minimize the negative impacts of Covid-19 related stress; To actively support my family, clients and community during this time	
Professional	Physical	Spiritual	Financial
Get certified in “X” Lead weekly debriefs to identify best practices Reach out to clients 1 x wk/offer help	“Seal” breathe through stress Complete 10k training program Sleep 7 hours/night	Weekly on-line church Daily mindfulness meditation Help someone every day	Focus on long-term goals Track money saving practices through crisis – keep them? Tighten the belt
Accountability Strategies		Post this plan in my home office; daily whiteboarding of my progress	

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Resetting

What if you get off track?

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Strategies

- Accept it; perfection does not exist
- Tame negative self talk; imagine you were giving advice about how to regain balance to a loved one; what would you say?
- Evaluate learning opportunities? What contributes your success? Expand that
- Move on
