Because our thoughts, emotions, and actions drive everything: every aspect of how we LOVE, LIVE, PARENT, and LEAD.
EMOTIONAL PYRAMID OF NEEDS

WEBSHOP-000:

WHEN THIS IS OVER (AND IT WILL BE), WHICH PARTS OF 'NORMAL' NO LONGER SEEM USEFUL TO YOU?

SOCIAL DISTANCING = EMOTIONAL DISTANCING (NURTURE RELATIONSHIPS)

MEET YOURSELF WHERE YOU ARE. (APPLIES TO OTHERS TOO)

RESET

COURAGE

STAY OPEN TO TOUGH EMOTIONS; THEY ARE EXPECTED. IDENTIFY WHAT MATTERS MOST TO YOU.

WISDOM

LIFE'S BEAUTY IS INSEPARABLE FROM ITS FRAGILITY.

CREATE POCKETS OF HEALTHY ROUTINE. (AND LET GO OF WHAT YOU CANNOT CONTROL)

IT IS WHAT IT IS

GENTLE ACCEPTANCE

We may not be able to go outside, but we can go inside.
HOW TO GET UNSTUCK

1. See yourself as being part of a process (and on a path of continuous growth.)

2. Embrace and accept contradictions.

3. Laugh. Imagine for a moment that you're in a comedy, not a tragedy.

4. Change your point of view.

5. Call it out. Anytime you get hooked, identify that emotion for what it is: an emotion, not a fact.

6. Talk to yourself in the third person. "What should Susan do right now?"

7. Make the next right move.
Even in the midst of this challenge, who do I choose to be?

Emotional Agility

Susan David