

Personal leadership and resilience

Stay healthy in times of crisis and transition

A crisis is a transition that challenges us to continually keep tabs on our well-being. Working on our emotional, cognitive, physical and spiritual balance creates space to stay healthy and available for others in the long-term.

DO'S

1 Connect with others

- + Take the initiative to make contact (digitally).
- + Make eye contact: make sure you can see and hear the other.
- + Collaborate remotely.
- + Support, encourage and challenge each other.
- + Express your needs.



2 Create space for & learn from emotions

- + Take the time to feel your own emotions.
- + Be open to the emotions of the other.
- + Be aware of your breathing. Shift from simply reacting to thoughtful answers.
- + Think about what is being lost.
- + Accept feelings of shame or fear.
- + Explore the emotions and try to find what they are telling you.
- + Release your emotions & don't forget humor.



3 Focus on the positive things

- + Think about what went well today.
- + Allow yourself to enjoy whatever there is.
- + Look for opportunities.
- + Stop and reflect on what you are learning.
- + Celebrate your successes, big or small.
- + Don't ask 'Why me?' but 'What now?'.



4 Maintain direction

- + Live your calling! 'Who am I?' and 'What do I bring about?'
- + Define how and where you can be meaningful.
- + Do what you need to do.
- + Take responsibility.
- + Structure your day and tasks.



5 Take care of your body

- + Listen to your body. Take its signals seriously.
- + Eat and drink healthily.
- + Get enough exercise, a little more than usual.
- + Get enough rest and sleep.
- + Make sure you give yourself time to recover after exertion.



6 Stay inspired

- + Proactively contact with your secure bases.
- + Do the things that give you energy.
- + Be inspired and welcome new sources of inspiration.
- + Focus on the things that bring you joy.
- + Proactively express your gratitude.



DON'TS

- + Don't withdraw into yourself.
- + Don't assume that the other sees or knows what you need.
- + Don't forget to pay enough attention to your family members.
- + Don't be distracted by continually checking the news and social media.
- + Don't underplay uncomfortable emotions – yours or the other's – with 'it will all be fine'.
- + Don't think that you are only meaningful if you do a lot or give yourself away for nothing.
- + Don't stop being curious and explore new opportunities.
- + Don't be seduced into escapism such as alcohol, porn, gaming, binge watching.

DE SCHOOL
VOOR
TRANSITIE