

# Pandemic Plan:

## 4 Steps for Getting Through

Life is happening and you may just be trying to keep up. Being in a pandemic was not on anyone's calendar but it's here and there are healthy ways to cope, move through, and actually move forward during this time. We've heard from many people that we have a "new normal" and while it's sometimes more difficult than others, we don't have to live in fear, and everything is not out of your control.

- **Stay connected to PEOPLE.** One of the most important resources you have right now is people. People help you process, reflect, share, normalize thoughts and feelings, and encourage. Using video platforms can help you feel more connected than phone calls because it gives you a window into someone else's space. Checking in on others is also a way to give of yourself which is strengthening.
- **Adjust your PRIORITIES.** In a crisis, it's easy to become overwhelmed with all the quick changes. Everything is not a priority and can't be with all the new information to take in and that's okay and to be expected. Decide what is "essential" for you and maintain those things. Anything that helps you to maintain balance and stay grounded should be on the list.
- **Be PRESENT.** You may have already been having challenges with being present and finding balance before the crisis. In a crisis is not the time to completely let balance go out the window although it might be your first inclination. Being present and in each individual moment will help you retain your sense of self and can be one of the most resilient things you do. It's okay to enjoy things, laugh, and relax for a moment. Take the weekend off if you can or otherwise plan for down time.
- **Make a PLAN.** While you want to try to maintain some sense of normalcy, it is necessary to change things up every day while at home. Things changed every day when you weren't at home. Make a daily decision about what you will do that day. Routines are good but there is a point where they can become stale. Create structure instead. Regularly mix things up, add some spice to your day, and allow yourself to have some fun.



## PANDEMIC PLAN: 4 STEPS FOR GETTING THROUGH

### Learner Retention Action Plan

Review these steps regularly to reset and readjust. Your responses may change.

#### Stay connected to PEOPLE.

Who do you need to stay connected to help you stay positive, balanced, and energized?

_____	_____
_____	_____
_____	_____

#### Adjust your PRIORITIES.

Who and what are your top 3 priorities and what can you specifically do to keep them in your forefront and maintain or expand them?

_____	_____
_____	_____
_____	_____

#### Be PRESENT.

What things do you need to unplug from or plug into to immerse and be present?

_____	_____
_____	_____
_____	_____

#### Make a PLAN.

What is a plan you can make and execute in the next 3 days?

I will... \_\_\_\_\_

In order to... \_\_\_\_\_

I will celebrate by... \_\_\_\_\_