

“... remember, please put on your own oxygen mask before assisting others ...”

We are inundated with information on the current crisis and you may understandably be feeling that pressure, not only in the workplace but also in your home. Many are looking to us to lead them in this period, and it is important that we occasionally take a check that we are looking after ourselves too.



The Lumina sessions we have experienced together have taught us to be more self aware. Here are a few current reflections you may want to consider around our potential over extensions at this time of crisis.

Possibly, you are Overextending in this fashion:

You may be frustrated as everything has stopped, postponed, cancelled. Your frustration may have switched you to micromanaging, controlling, arguing, and being goal-fixated.

Tips to regain composure. Take a deep breath and realize that people/government/institutions are fearful and not stupid. Have empathy for everyone, and that includes yourself. How are you feeling right now? What do you really know about the virus? Be informed and move forward. Now engage your spectacular “Get it done” attitude and focus on some things you can do, like organizing the garage or your laptop. Just do it.

Get grounded in the data and re-connect to your Outcome Focus. Lead with your drive and determination and remind others to “Keep Strong and Carry On”.

Possibly, you are Overextending in this fashion:

You may be lost in the details as you have been streaming data from numerous news leads on the virus. You may have become detached, withdrawn, overwhelmed and possibly paralyzed with data. This could lead to the adoption of rigid protocols and procedures to keep staff, family and self safe. You may feel imprisoned.

Tips to regain composure. Put your device down. Reflect on one credible source of data and commit to spending less time on your device. Now breathe. Be practical and review all that you thought was essential when you were Overextended. Is this truly necessary now? Lighten up, and give yourself some playtime. Enjoy time with your family and friends, go on walks in the open air, build forts in the house with the kids, and touch base with your friends virtually. On your own initiative, reach out to family and friends by phone, email, Facetime, Messenger, Skype, WhatsApp, Zoom or whatever. They will be pleasantly surprised by your initiative. Feel the love.

Then get grounded and realistic with the data and reflect on a practical way forward. Lead with your practical evidence.



Possibly, you are Overextending in this fashion:

You may be distracted with impulsive, unfeasible and chaotic ideas to enable you to still have fun, action and variety during these times.

Tips to regain composure. Gather data and get to know this virus. Now engage your more grounded imagination and turn it in to some creative family time. Keep grounded in the data and then re-connect to your Big Picture Thinking and Imagination. And remember not everyone is going to respond as quickly as you to the challenges we are facing. Lead enthusiastically with your vision and creativity, in a sustainable and realistic way that takes people with you.

Possibly, you are Overextending in this fashion:

You may be emotionally overwhelmed as you have Overextended all of your deep listening, caring and empathetic capabilities. You may feel everyone's fear and pain and see no light at the end of the tunnel.

Tips to regain composure. Put your phone down and disconnect from everyone. Take some YOU time. Take a bath, meditate, get back in to music, walk in nature or go to any of your "feel good" fixes. Get yourself facts about the virus and come up with loving and creative ways to support yourself and others in your life. For you it is even more important to fix your own oxygen mask in place, before helping others. Get grounded in the known data, then reconnect to your heart, and lead with your empathy.



We are truly all in this together. I have taken great pride from the seeing masses of traffic amongst our tribe where we are sharing ideas, protocols and support. Keep it going.

Some may also find it cathartic to commit their thoughts to print as the crisis continues to unfold. I would love to hear how everyone is handling things, personally, and what we are learning about people, our bosses, our club members, and of course ourselves.

If anybody wants to talk – just call me.

Kevin



March 2020

