

In a crisis, one positive action we can take is identifying the lessons that will make a difference in our lives from this point forward.



Appreciate the “invisible” people.

How can we start to actually see and appreciate the people who kept working while we worked in the safety of our homes?

What if we started to use their names when interacting with cashiers? What if we stopped long enough to say thank you to the drive-thru window attendant?

Taking the time to connect can help us all feel less isolated and more appreciated.



Be part of the solution.

How can we become part of the solution for challenges such as the ones we’re experiencing?

What is one thing we could do today to make a difference? What could we do to improve our lives or the lives of others?

Focusing on these kinds of actions points us to what works instead of what’s not working.



Self care is not just about ourselves.

Have any of us ever gone to work feeling sick? Do we have a mindset that we should work through illness because there’s so much to be done?

Some of us want to show our hard-working nature and loyalty, even when we’re not up to par.

This pandemic has taught us that we should stay home if we feel sick. This is not just for us. It’s showing care and consideration for everyone we work with.



Life won’t be the same.

That’s a tough statement to see. We don’t always embrace change easily; however, some changes are good.

- We have realized that telework is a viable option for workplaces.
- We’ve discovered that telemedicine can replace the need for doctor visits when we might be contagious.
- And we’ve learned to create human connections by using technology.

Continuing to explore alternatives that shape our new normal will help us move forward with hope and optimism.



Look for the positive.

“We can complain because rose bushes have thorns, or rejoice because thorns have roses.”

—Alphonse Karr

While there is no way to erase the suffering and loss of life of this pandemic, searching for anything positive, no matter how small, can begin to turn our thoughts in a more positive direction.



We all have different pains, but they are no less real.

Many of us are experiencing a wide range of emotions because we’re at home with family members underfoot around the clock. Others are feeling those same ups and downs as they spend time alone.

Recognizing that we all have our own unique burdens to bear can make us more tolerant, caring individuals.



There’s no magic button.

We’ve started to recognize that problems may take longer to solve in order to ensure we’re addressing the real problem, not just a symptom.

The patience to address problems with this in mind allows a higher level of analytical thinking that we can carry into creating solutions in the future.