

6 STEPS TO CRISIS NAVIGATION

C

GET CENTERED



In a crisis, your brain goes from thinking to fight, flight or freeze. Before making any important decisions, first ground yourself back into your body by walking or rubbing your hands on your thighs. Then, take a 5-10 slow belly breaths to calm yourself down. Now you're ready to move forward into problem-solving!

R

GET RESOURCES



Research consistently shows that having a community of helpers makes a difference in crises. Determine the skills, assistance, and information that you need to support you as you navigate through these tough times. Manage, also, the information you take in and share to avoid overloading yourself and oversharing with others.

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GET INTENTIONAL



Only you can decide how you will act during this crisis. It's the one aspect you have complete control over. Pick the compass points you will use to guide your behaviors, even when others act inappropriately. Will you elect to be courageous? Open? Positive? Flexible? Resilient? The choice is yours!

S

GET STRATEGIC



It's easy to get overwhelmed by the sheer number of logistics that must be managed in a crisis. You have a finite amount of time and energy. What are your priorities? Health? Family? Faith? School? How can you set boundaries, leverage your strengths and make the choices that put those first?

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GET INTUITIVE



As important as a community of support is, during a crisis, it's easy to lose track of your personal wisdom. Take time away from the noise and logistics to check in. Quiet the fear and the monkey mind through meditation, prayer or getting into nature. Ask your heart what is right for you.

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GET SELF-CARE



Put on your oxygen mask! Sleep, healthy food, and exercise give you the fuel and energy to keep going through these tough times. There are many new and sometimes scary situations in a crisis. Practice self-compassion and speak kindly to yourself when you make mistakes.