

Healthy Positive Perspectives for well-being in times of crisis

By Anthony Jackson - May 2020

1. [Demonstrate Kindness and Grace for others and for yourself too.](#) *Practice random acts of kindness. It doesn't matter if it's acknowledged/appreciated/reciprocated or not. You never know what others are dealing with/going through at any point in time. So be kind.*
2. [Have an Attitude of Gratitude.](#) *We all have days and times when we're not at our best. During those times we can demonstrate a negative attitude which not only can harm others, it can make us feel bad too. When we can stop and think about all we have to be thankful/grateful for it has the effect of improving our perspective and how we feel.*
3. [Control the Controllables.](#) *Here's a paraphrase of the Serenity Prayer: Grant me the serenity/peace to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference. There's no point beating your head against the wall for things you don't really have any ability to do anything about. So, don't do that.*
4. [Take care of yourself.](#) *It's very difficult to sustainably provide productive service and positive collaboration and interaction with others when you haven't taken care of you. When we fly commercially, the flight attendant instructs us to put on our oxygen masks (when deployed during cabin depressurization) first before giving assistance to others.*
5. [Communicate, communicate, communicate.](#) *During the Covid-19 Coronavirus pandemic, we all must practice physical distancing (minimum six feet). This doesn't mean we have to practice social distancing by "hermitizing" (new fake word I just made up meaning self-isolation). We should continue to reach out to those we normally have contact with.*
6. [Look for the gifts.](#) *Whether it feels like it or not. There are always gifts to find if you're aware and present to look for them. Some are obvious and other are serendipities that were unexpected. If you dwell and seek out the negatives of situations, you'll find them. If you choose to look for positives/gifts (aka silver lining) of situations, you'll find them.*
7. [Don't forget to access resources.](#) *When you need help, or an attitude adjustment, reach out to friends, family, folks that care about you, for assistance/direction/guidance. You may also be able to find/obtain referrals to helpful programs and/or services.*

Take care and Be well.