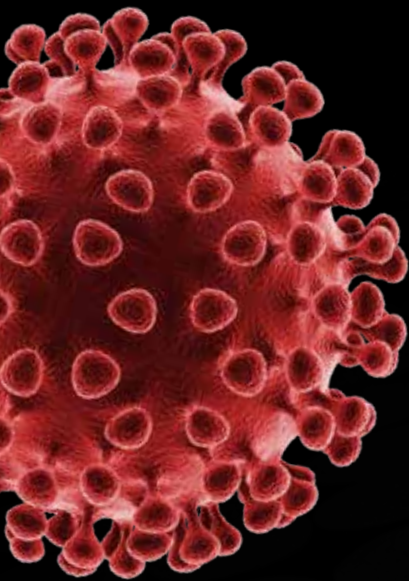
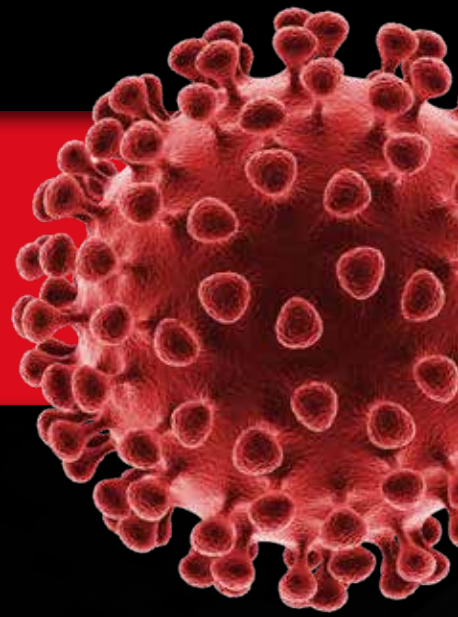
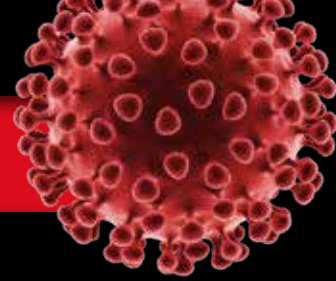


BEING RESILIENT IN CORONA TIME

SMALL **GIANTS** ADVISORY 



BEING RESILIENT IN CORONA TIME



BEING SKILFULLY RESILIENT IN THE STRANGE TIMES OF CORONAVIRUS

We are heading into very strange times. If you listen to the media and watch other panic-stricken folks, it becomes easy to panic about an illness such as coronavirus (COVID-19) as it gains pandemic status. The early stages can be especially anxiety-provoking. We are hard-wired to be afraid of the unknown. It's a survival adaptation that has served us well for a millennia. At the start we don't know how widespread or deadly the illness is. Misinformation abounds, the media pumps out the fear constantly.

We are heading into very strange times, but we don't have to act strange. Fear, anxiety, sadness, and uncertainty are normal for any threat we know little about. However, skilful thinking and careful action can help keep both your mind and body resilient - which is your best defence. The reality is this: Everything in life falls into two categories and so we are simply dealing with the things we can control and the things we can't control. That has not changed nor will it ever.

As with all things, we can adopt a small-minded mindset and become a part of the problem, or we can adopt a small giant mindset and be part of the solution.

WAYS TO MANAGE YOURSELF SKILFULLY

FOCUS ON CONTROLLING WHAT YOU CAN CONTROL

As is always the case, some things are in our control and some things are not. My strong recommendation is that we focus on what is in our control. While we can't control a pandemic there are always actions we can take to decrease our risk.

First and foremost, do all the things necessary to keep your body strong. This is definitely in your control. Eat well, exercise, take appropriate supplements, get enough sleep and engage in the leisure activities that make you feel good. Keep your immune system robust. This is considered by experts your best defence. Wash your hands well and limit public exposure. It might also be a good time to take a hiatus from smoking whatever you smoke.

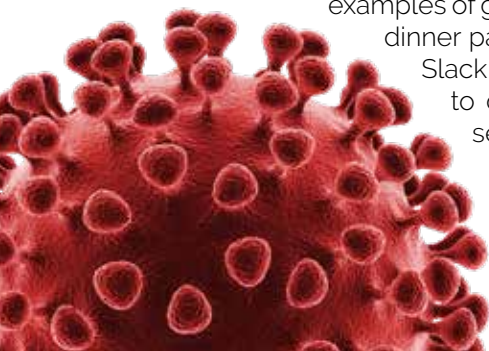
KEEP YOUR MIND HEALTHY.

In an environment of panic, skilful thinkers go back to the basics. Remember, we have emotion-based decision making and reason-based decision making. It is a time for reason-based decision making. Don't take knee-jerk actions and avoid major life decisions. A good habit to develop is the **Take Protocol**. If you feel yourself becoming anxious, depressed or overwhelmed then **Take a breath** (to calm your system), **take a step back** (to get some perspective) and **take a minute** (to give slower, higher order thinking a chance). This is a time to take considered, wise action.

Be aware of thinking heuristics and biases such as the Negativity Bias (we are predisposed to look for the negative and overlook the positives) or the Herd Mentality Bias (we are predisposed to do what others are doing). The Herd Mentality or Mob Mentality is a well-known thinking bias. Just because others are doing it does not mean you should do it as well. Be aware that many people take fear-based action that doesn't help. In times of danger we are predisposed to want to take action. Don't jump on a bandwagon. Just because other people are wearing masks, performing specific cleaning rituals or fighting over toilet paper doesn't mean that is the actions of a skilful thinker.

Be aware of catastrophising, scapegoating and doom-saying. These are all markers of unskilful thinking. Be a part of the solution, not part of the problem. Parents, grandparents, aunts and uncles, keep in mind young children often adopt the coping strategies they observe in those they look up to. Elders who grow anxious during a pandemic may end up witnessing children develop anxiety right along with them.

Above all, use the wonderful technology we have available to us to stay connected in a time of social distancing and quarantines. Isolation and loneliness are very bad for us. Stay connected. Of great importance is that we keep those most at risk connected, in particular the elderly. This is not a time for out of mind, out of sight. I have seen great examples of grandparents becoming FaceTime experts, I have been invited to video conferencing dinner parties via Zoom and Google Hangouts, I have seen Neighbourhood chat groups in Slack and WhatsApp and recipe swapping in Instagram, My inboxes are full of invitations to digital events — Zoom art classes, Skype book clubs, Periscope drumming jam sessions. Strangers and subject-matter experts are sharing relevant and timely information about the virus on social media and organizing ways to help struggling people and small businesses. My axe-throwing group even sent instructions for building your own target to have a virtual axe-throwing competition. Use social media for what it was originally intended for - to be social. Stay connected.



GET NEWS FROM TRUSTWORTHY SOURCES.

Avoid media outlets that build hype or dwell on things that can't be controlled. Instead, turn to sources that give reliable information about how to protect yourself, such as the CDC, W.H.O or HEALTH.GOV.AU

For those interested check out Joe Rogan's podcast with Michael Osterholm <https://www.youtube.com/watch?v=E3URhJx0NSw>.

Professor Osterholm is an internationally recognized expert in infectious disease epidemiology. He is Regents Professor, McKnight Presidential Endowed Chair in Public Health, the director of the Centre for Infectious Disease Research and Policy (CIDRAP), Distinguished Teaching Professor in the Division of Environmental Health Sciences, School of Public Health, a professor in the Technological Leadership Institute, College of Science and Engineering, and an adjunct professor in the Medical School, all at the University of Minnesota. His book "Deadliest Enemy: Our War Against Deadly Germs" can be found at <https://amzn.to/2lAzeLe> and more info on COVID-19 on Professor Osterholm website can be found at <http://www.cidrap.umn.edu/>



ONGOING MENTAL HEALTH CONCERNS

An important consideration is that in addition to mental health challenges that may arise as a result of Corona, it's important to monitor any pre-existing mental health challenges.

Some pre-existing mental health conditions may get worse. Research suggests that if we are predisposed to stress and anxiety we may be at a higher risk. This may also lead to an increase in self-medication with drugs and alcohol, gambling, gaming and other addictive distractions. If this is you, be vigilant and diligent in your skilful thinking practices. Stay connected with sponsors and other support people.

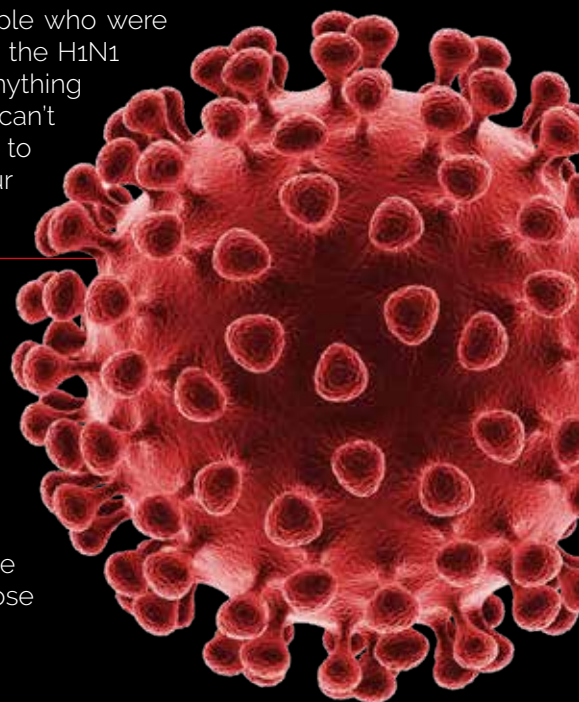
High anxiety and feelings of helplessness may encourage some of us to adopt unproven remedies or prevention methods. Some of these methods may be harmful both to us as individuals and to the community as a whole. So, it's important to ensure that any actions you take are actually helpful. Take a breath, take a step back and take a minute to think it through. Take reasoned action. Stick to your mental health plan.

Researchers from Carleton University in Ottawa, Canada, found that people who were the least able to tolerate uncertainty experienced the most anxiety during the H1N1 pandemic. Those individuals were also less likely to believe they could do anything to protect themselves. This takes us back to the fact that there are things we can't control, but there are always things we can control. If we are predisposed to a mental-health challenge we can ensure we stay in close contact with our psychologist or psychiatrist.

RUMINATION OR ISOLATION

How we respond to increased fear is unique to each of us. This means some of us may experience increased rumination about the possibility of getting sick. We may also greatly modify our behaviour when doing so isn't warranted, such as isolating ourselves or preparing for catastrophic outcomes that will never eventuate.

At the most extreme, some of us with certain challenges may experience an increase in psychosis or paranoia. This can involve a tendency to incorporate pandemic-related facts into our delusional thinking. If this is you, stay in close contact with your psychologist or psychiatrist.



RESPONDING TO THE UNFAMILIAR

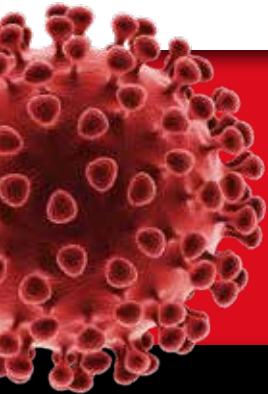
We tend to overreact to unknown threats while we underreact to familiar threats. For instance, although road fatalities are common, driving or riding in a car probably doesn't feel scary since you most likely do it on a regular basis.

Modelling shows 50,000 Australians may die from Corona. That's a lot. But consider the top four causes of death in Australia (heart disease, dementia, cerebrovascular disease & throat cancer) kill many people every year and we don't give it a second thought.

Being bombarded with news that constantly talks about death tolls, and reports that emphasize how many are sick, can cause us to overestimate the risks we face in contracting the illness.

However, reliable sources of media can also have positive effects during a pandemic, such as reporting on the 99% survival rate.

Fortunately, most pandemics disappear almost as quickly as they begin. But managing your anxiety as you learn more about the outbreak, or discovering how to protect yourself, can be difficult. Fortunately, getting skilful about your physical and psychological well-being can help manage your health during these times of uncertainty. Remember, while there are things we can't control, there are always things we can control. Be a part of the solution by focussing your efforts on what's in your control.



SMALL GIANTS IS RUNNING A SERIES OF WEBINARS
ON BEING RESILIENT IN CORONA TIME.

FOR MORE DETAILS GO TO:
WWW.SMALLGIANTSADVISORY.COM/BRICT

WHAT IS A SMALL GIANT?

There are times in life we are small.

Fearful, jealous, insecure or nasty.

We are part of the problem.

We detract, tear down, criticise, lessen.

We could say we are small minded.

AND

There are times when we are big.

Humble, sure, noble or strong.

We become bigger than the problem and

become part of the solution.

We enhance, build up, encourage, add unto.

SMALL MINDED... SMALL GIANT... IT'S A CHOICE!

TO BOOK YOUR PROGRAM CONTACT US AT:



 smallgiantsadvisory.com

 hello@sgaemail.com

 +61447 856 696

 +617 355 3674

 P.O.Box 509,
Lutwyche, QLD, 4030