

*To The Achieve Community:*

During times like these, pressure and uncertainty can heighten, in ways that we aren't used to or expecting, which can be unsettling. These are the times we need each other the most.

We are here for you and committed to providing practical tips that you can start using now to help you show up at your best and get through this current crisis. You are at the heart of everything we do.

*Here are some suggestions from our perspective to help you manage through this current crisis:*

### **This is for now and not forever**

The day-to-day uncertainty can feel overwhelming. To help counter these feelings, take a moment to connect to a future that's six months, twelve months, or even two years out. Getting connected to a future that is further out will help us show up more powerfully during these challenging circumstances. Realizing that this is for now and not forever, can help us stay grounded during these times. This helps us manage through the constant waves of change, keeps us proactive and on solid ground, and helps us continue to navigate through these challenging times. We can ask ourselves, "What steps can I take today to continue to orient towards the future?"

### **What is the best I can do right now?**

Another way to tackle the sense of being overwhelmed is to ask, "What does my best look like right now?" As mentioned previously, this crisis will not go on forever. Due to the constantly changing circumstances, we need to define success in small increments by asking ourselves, "What is the best I can do today or this week?" Understanding this will help us show up with a clearer definition of success and guide us in making the best decisions based on real-time circumstances. Sometimes we have to acknowledge that our best may be just getting through the day. This allows us to remain grounded, adaptable, and focused on the activities that are critical each day.

### **Give ourselves a break**

In times of crisis, we may be feeling additional pressure, which is very normal. Pressure affects our state of mind and may cause us to feel stressed and uneasy. This is not the time to be really hard on ourselves. Instead, it may be valuable to take extra time to process what's happening. It can be helpful to give ourselves and others a break and take the time to respond in the best way that we can. When we're feeling stressed and uneasy, we may find ourselves responding in a manner that is not optimal. In a crisis, beating ourselves up is not helpful. Times like these, present us with the greatest opportunity to be empathetic, forgiving, and supportive.

Achieve helps leaders focus on practical steps and qualities that are key to high performance and helps people, teams, and organizations maintain momentum and operate with focus and clarity in challenging circumstances.

Contact us for more information as this situation unfolds at [www.achieveinstitute.com](http://www.achieveinstitute.com).