

a few notes

Topic: Build Your Resilience



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

We have all had our share of exposure to the impacts of COVID-19 whether it was information overload, cancelled gatherings with friends or family, or missed celebrations, etc, we could have an ongoing list. Our mind responds by becoming distracted. According to the article on hbr.org, during times of crisis this tendency is exacerbated and our minds get trapped into negative thinking. Fear begins to narrow our field of vision and makes it harder for us to see the bigger picture and the positive create opportunities in front of us. These fears also lead to an inability to connect and feelings of isolation. To overcome this nature tendency for negative thinking, HBR offers three effective strategies: First, calm the mind through meditation or other methods to still your mind. Second, look out the window. Take some time to look out the window and reflect. And lastly, connect with others through compassion. Find something that connects you with others while still practicing social distancing guidelines.

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