

EMERGENCY CASE



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There are some weeks in life that seem to upend everything. Unforeseen events set fire to all our plans and plunge us into unpleasant feelings.

Children get **SICK**.
Even partners sometimes are indisposed.
CORONAVIRUS knocks you off your feet.
SCHOOL has two days off at the worst possible time.
The anticipation of **FACE-TO-FACE MEETINGS** with clients gives way to the distressing question of how you're going to manage under these conditions...

Situations from life. And now?

- 💡 **Acceptance**, part one: The situation is what it is. Instead of lamenting (inwardly), I try to face the situation calmly and think about what I can actually do here and now to make it a little better.
- 💡 **Acceptance**, part two: I will not manage everything as planned.
- 🕒 **Timeboxing**: I try not to do anything in parallel. When I read something to my children aloud for 20min, not only do my lips move, but I also read the words in my mind - the phone is somewhere else. Then I complete 30min of work with the clear awareness that something remains unanswered.
- 🎱 **See the good**: Discuss with the family what actually worked well today, e.g., where someone took responsibility, backed off, got little things out of the way...
- 📄 **Think about tomorrow**: What is the most important thing for tomorrow? What is compulsory? What is freestyle?

💡 *Maybe this mentality isn't news, but summoning it at the right moment can quickly transform your panic into clarity.*



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