

Grounding During Instability

5 steps that will support you to stay grounded and prepare for instability and multiple changes. These steps do not make the moments of uncertainty easy or happy, they provide you a foundation to operate from and adjust as you navigate the changes.

1. Values

Align with your values and your priorities.

- What are your core values & priorities?
- What is most important to you?
- What do you value in this moment?

2. Action & making space

Act in alignment with your values and priorities. Overwhelm can be reduced by taking a small action. Clear your plate of anything that does not need to be done or is not in alignment with your values, so you have room to focus & act.

- What 2 – 3 actions do you need to take to be in alignment with your values & priorities?
- How can you be in gentle, active forward movement to create the world you want?
- What are you taking off your plate?

3. Reflect & plan

Set aside a little (or more) time for individual and team / family planning now. Walk through your feelings, what ifs and scenarios. Then develop back up plans & worst-case scenario based on what you know, resources & support you have or can share.

Reflection

- What are your “what ifs”? (What if this happens... What if that happens...)
- What are your feelings? Why might you be feeling that way?
- What are yours & others “worst case scenarios”?

Planning

- What might you do with each “what if”?
- What could you do in the “worst case scenarios”? What are your possible back up plans?
- What can you do now to provide yourself calm by preparing for scenarios?

As the unexpected happens come back to the plan, use it, adapt it.

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4. Take care of your heart & nervous system

Fill up your own cup so you can be present to navigate the instability and be a support for others as needed.

- What simple things can you give yourself for comfort?
- What can you do to take care of your nervous system?
- How are you finding appreciations & gratitude while navigating difficult things?

5. Be aware of & support your team, family & communities' needs

Reflect on, ask and listen for your family, team and communities' own needs so you can be responsive and navigate the change together.

- What may be coming up for your team, community, family?
- What does support look like for them? What do they need? – ASK & LISTEN
- What can you offer & what can't you offer? (Know your own capacity.)

My Notes

