

How to Confidently Navigate the COVID-19 Chaos

How do you make decisions for you, your family, your team, your business when you really have no way of knowing exactly what to expect in the coming weeks.

1. It Comes Down to Choices and Priorities

- a. The choices many people make over the coming weeks will determine whether their marriage and home life are strengthened.
- b. Choices of leaders will determine whether their business survives.
- c. We have to distinguish between what we know and avoid giving in too much to speculation.

2. Our Choices Will Determine the End Result

- a. It's the way each individual and each organization copes with this crisis that will determine how they survive.
- b. Our choices will dictate whether our family, work and social relationships are strengthened.
- c. Positive choices can build stronger families, a business' reputation, and loyalty between individuals.

3. Manage Your Own Anxiety So You Can Set a Good Example for Others

- a. As fear and uncertainty drag out, many of us will find the stress doing severe damage to their self-confidence and relationships with family and co-workers.
- b. These are the circumstances that will cause each organization and individual to re-examine their personal values.
- c. We may come to realize that we can get by with a great deal less than we ever thought.

4. Use Your Personal Values as Your Roadmap

- a. Think of the personal values that reflect who you are and what means the most to you.
- b. Consider the culture and the principles of your organization. How can you reflect your values in your decision-making?

5. Objectively View Your Circumstances and Those of Your Family and Business

- a. The choices you make during this time can be intentionally designed to create a more caring, team-oriented, supportive environment that will last long after this crisis is over.
- b. What is it about the nature of your family relationships, your company or yourself that you now realize really needs to improve?

6. Stuck in the Briar Patch

- a. As you choose a direction and begin to move forward, lots of tiny, sharp briars grab your clothes and skin.
- b. If you try to rush through to get out of the patch quickly, you know the end result is going to be a lot of pain, scratches, torn clothes and probably some bleeding.
- c. You can consciously choose the best way to respond that will support the values you want to be known for once you are out of the briar patch.

7. Integrity Is Your Touchstone

- a. Even though we do not know when the COVID-19 crisis will be resolved or what things may look like afterwards, we can still exert control over the way we respond.
- b. We can do this by taking each step cautiously and deliberately evaluating our response to every “thorn”.

8. Stay Focused on What is Right in Front of You

- a. By dealing with each issue as it arises and comparing each potential reaction with the values you hold most dear and the kind of person you want to be when this is all over.
- b. You can rely on your integrity to give you the confidence of always making the choice that is right for you and those who depend on you.

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