

Integral Life -

Preparing for disruption utilizing the 4 quadrants [slide]

Your whole life has been a dress rehearsal for this moment. It's game time.

←individual→

<p>Mind & Emotions (individual/personal & interior) <u><i>Mindful Attendance</i></u></p> <p>Prepare your mind and emotions to attend mindfully to the fear, uncertainty and changing life conditions that lie ahead.</p> <ul style="list-style-type: none"> • Daily affirmation to attend to your emotions mindfully • Be aware of devolving towards fear & survival needs • Commit to helping others remain present & abundant • Practice gratitude • Bring awareness to many new voices that will start to chirp: voice of fear, voice of anxiety, voice of loneliness, voice of boredom, voice of pessimism • Be willing to acknowledge your experience (e.g., I'm bored, I'm afraid, I'm ignoring the risks, I'm paying too much attention to risks, etc.) • Be patient: when the world is changing quickly, attend to your impatient desire to see it settle down and become more certain. Allow it to unfold while keeping your mind still & open to what is happening. • Bring awareness to how volatility threatens your identity or ambitions, and allow rapidly-changing contexts to offer you new possibilities for your future 	<p>Behavior & Supplies (individual/personal & exterior) <u><i>Readiness</i></u></p> <p>Your behavior and your material supplies will help you stay healthy and resilient in order to weather disruptions and social distancing/isolation.</p> <ul style="list-style-type: none"> • Food: Have 4 weeks of emergency food supply on-hand • Health: Maintain a supply of healthcare items (ibuprofen, anti-diarrheal, anti-vomiting, electrolytes, zinc lozenges etc.) • Sanitary: Maintain sanitizer supplies (antibacterial wipes, antibacterial hand sanitizer, alcohol, bleach, nitrile gloves, masks) • Fun: Buy games, books, any other items that can help with boredom during prolonged social distancing • Consider having an emergency supply of cash on hand (and possibly precious metals) • Train yourself & your family now to stop touching their faces (make a game of it) • Use the opportunity to develop new, healthy routines to support health & happiness (like walks in nature or time at parks)
<p>Relationships & Community (collective & interior) <u><i>Abundant Service</i></u></p> <p>Now is the time to bring your lifetime of practice into service to others. Keep your heart open to the needs of others at a time when fear & uncertainty will be high.</p> <ul style="list-style-type: none"> • Daily commitment to service • Look for opportunities to set examples of abundance in your community • Stay connected! Reach out to loved ones regularly (consider hosting friends & family web chats) • We're stronger together. Remind everyone that while individuals are weak, networks are strong. • Help those around you to keep the long view in mind: this, too, will pass. • Help your kids understand that things are changing, and they'll be fine but there are some adjustments everyone's making; help them get ready for changes, school cancellations, etc. • Set an example of resilience, optimism, love and determination for friends & family around you 	<p>Support Systems (collective & exterior) <u><i>Resilience</i></u></p> <p>Prepare yourself and how you interface with life-supporting systems to weather a period of volatility and change.</p> <ul style="list-style-type: none"> • Start to consider how you'll work or if you can work remotely • Make sure your will, estate plan and health directives are in place and up-to-date • Consider large purchases carefully (delay if possible) • Try to build savings to withstand no income for 24 months • Start discussions with close friends & family about sharing emergency resources, shelter or anything else you might need • Examine your investment & retirement portfolio and consider risk posture of how you're invested • If you lead or manage others, help them navigate all four quadrants of getting ready for change

←collective→

↑interior←

↑exterior→