

# COPING

with COVID-19



L. Anthony Watkins  
CEO/Principal Consultant

Things have changed. Things look more serious and the mood is sombre.  
Trending words include self-isolation, quarantine, lock-down, essential services, shelter in place...

We are entering a deep and difficult phase of the COVID-19 experience, as we begin two weeks of stay-at-home. So what do these recent developments mean?



## Emotions proliferate and escalate as the numbers grow, because the death we are experiencing is complex.

- Dreams and aspirations may be dying...
- Some businesses may be dying...
- Options and opportunities may be disappearing.

At a time like this, emotions that we ignored and buried deep inside us are stirring. The combination of today's turbulence and the confinement of social isolation are giving them life.

We can expect to see:	<b>Moodiness</b>	.....	<b>Depression</b>
	<b>Sarcasm</b>	.....	<b>Shouting</b>
	<b>Questioning and curiosity</b>	.....	<b>Blaming and shaming</b>
	<b>Irritation</b>	.....	<b>Anger / aggression</b>
	<b>Fear</b>	.....	<b>Fury</b>

## Let Us

- Approach this period with a deep faith in our future and a sense of purpose.
- Release the many worldly distractions that COVID-19 has ripped from our hands and our lives.
- Refresh ourselves, refocus our minds, cleanse and strengthen our hearts.

### Quarantine - Isolate...

- ✗ Selfishness & arrogance
- ✗ Ill-speaking / mauvaise-langue
- ✗ Rushing around / fast-paced life
- ✗ Fear & uncertainty

### Top-up...

- ✓ Humility & compassion
- ✓ Kindness, caring, concern
- ✓ Reflection & responsibility
- ✓ Faith, hope & love

