

4 Steps to Not Lose Your Cool During Crisis

Worksheet

Why should I use these steps?

During crisis, our brains naturally get focused on the crisis at hand. When our brains are handling a lot of information and balancing multiple decisions (this is called having high cognitive load), we may accidentally make decisions that appear to help in the short-term but are harmful to our wellbeing in the longer term. We may even find ourselves in the position of not being able to undo what has happened.

Use this process during crisis so that you don't accidentally lose the things that are important to you in your quest to fix what's wrong.

When should I use these steps?

Use these steps the moment you find yourself in crisis.

How can I help other people move through crisis while paying attention to wellbeing?

Set aside at least 30 minutes to walk someone else through the thinking process. Be intentional about being in the listener role and helping the person think through the situation.



4 Steps to Not Lose Your Cool During Crisis

Step 1: List what's most important to you

Social connectedness

- People that matter to me
 - Where I get my feeling of belonging
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Safety

- My strategies for emotional and physical safety
 - How and where I get to be true to my core identities (race, gender, sexual orientation, religion, etc.)
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Stability

- Routines that help things feel familiar and predictable
 - How I keep things from spiraling out of control for me
 - Buffers I have that help me feel on top of things (e.g., extra time or money)
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Mastery

- Activities that matter to me
 - Activities that give me a sense of accomplishment
 - Things that allow me to feel I have influence in my environment, future and/or relationships
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Meaningful access to relevant resources

→ How I meet my needs

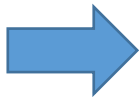
Step 2: How might these things be affected by the crisis?

Step 3: Preserve what's important to you

- Is there anything you can add to minimize the impact?
 - Is there something you can remove or take away to reduce the impact?
 - Is it enough just to prepare yourself?
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Step 4: Identify strategies that have helped you in a similar crisis

Think about one time when you were able to handle a similar crisis (even if it was just for a short while).



What made it possible?

- ❖ Think about who was there and how they helped
- ❖ Think about the circumstances and how they were different that made it possible

Curious?

We hope our materials are useful to you. If you would like to reproduce them or use them for your own work, please be in touch with us first (we may have updates or insights to share!)