

COVID 19, So Now What?

So what's going to happen, what's everyone going to do, what does this mean for our future, for your family, the market, your income... and when will it be over?

These and many other questions are probably dominating your mind right now like so many around the world. And rightfully so.

We as a nation are scared, fear builds and the news surely doesn't help ease that uncertainty.

So how do we find the strength and the certainty to feel okay and focus on solutions? How do we not only change our own state of mind around this chaos... but even greater, become a role model to help others navigate through these tough times?

I believe we all have a part to play in repairing ourselves and the world.

So first, I want to say that I hope everyone is safe, healthy, and I hope you and your loved ones have access to the food, medicine and other resources you need to make it through this crazy time.

Remember as chaotic as it can seem during times like this, your inner strength is more important than ever. So, let's strengthen that!

If we allow ourselves to shrink on the inside (that's easier said than done), that will only compound our fear and panic further...

So, after watching our country and the world react to this global crisis – I want to first share a few thoughts on how to best get through this:

1. Now's the time to be a leader and role model for others,

It's not the time to hide and focus on what else can go wrong (we've all been there). That won't help anything... We've been in terrible and scary situations before as a country (9/11 comes to mind) and we have always made it through... so show your kids, your family, your friends and everyone around you what it means to have inner strength and fight panic with wisdom.

2. Be Prepared: Yes, you should stock up on food and supplies and avoid

going outside whenever possible.

Fear isn't the answer to solving this... but that doesn't mean I think you should ignore warnings and live your life without caution.

3. Find the positives by focusing on inner reflection and personal growth.

Obviously this is a terrible virus that is hurting too many people... but that doesn't mean we must have a negative mindset. Use this time to work on your relationships. Work on connecting with your kids. Turn off electronics, play games with your family and be present. Spend time on self-education... take that course you've been putting off, do those home exercises you never make time for and find the strength within you rather than looking to the outside world for answers.

Through the written word, I want to do everything possible to help you through this time... to help you be a business leader, and set the example for those around you!

Stay calm, relax, we will eventually get through this.

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The Write Stuff