



Welcome! We will begin at 12:15pm

Adapting and Prospering in the new Virtual World

April 9, 2020



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Virtual World
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We Are Your # AllyForLife

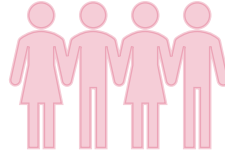
In good times and in the challenging times, we are committed to
you.



Adapting And Prospering In The New Virtual World: A Three Part Series

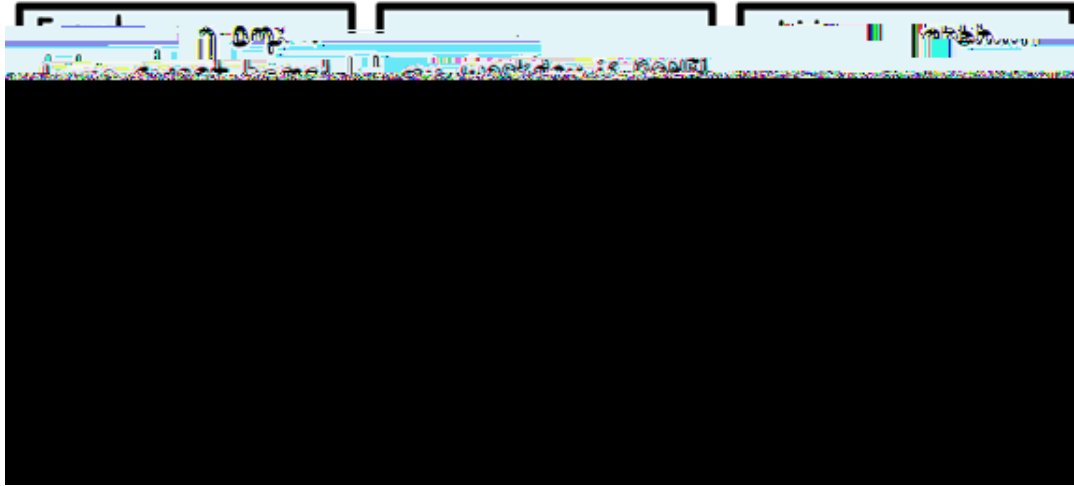


Series One: Stabilizing Yourself



Q & A

Mental Health Tips: How Do You Keep From Going 'Crazy' During These Times?



Mental Health Tips

MANAGE EXPECTATIONS

- Be realistic
- Monitor tapes in your head

BE PROACTIVE

- Know your red flags
- Maintain connections with others
- Help others
- Do something daily to bring joy
- Fresh air and sunshine
- Limit social media updates
- Do something new



ROUTINE, ROUTINE, ROUTINE

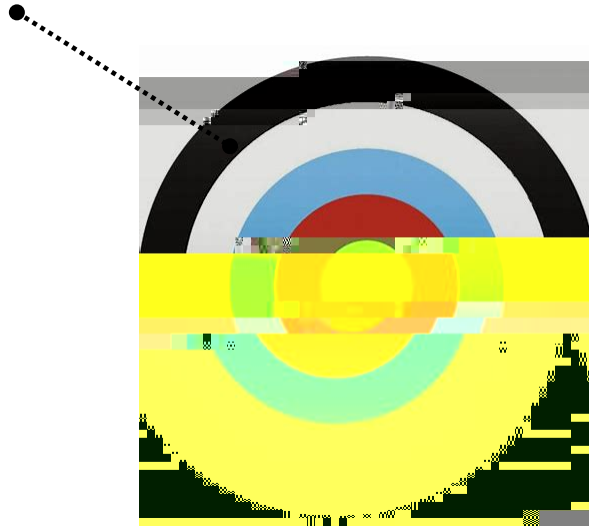
- Sleep
- Eat
- Work
- Exercise

MOOD ALTERING SUBSTANCES

- Moderate caffeine and nicotine intake
- Monitor alcohol intake
- Take medications as prescribed



Pretend you are your
best friend and think
what you would say



Meditate or practice
mindfulness

Take a time out

Stay in the
present

Journal



Q & A

Q & A

The background of the slide is a photograph of a park with a city skyline in the distance. A large, semi-transparent red pyramid is positioned on the right side of the image. The text "Thank You!" is written in a large, white, sans-serif font over the pyramid and the city skyline.

Thank You!

- David Jacobson:



Mental Health and Social Distancing Resources

- Mental Health
 - SMU Counseling Services –214-768-2141
 - Company EAP or Human Resources
 - 1-800-273-TALK (1800-273-8255)
 - 1-800-SUICIDE (1800-784-2433)
 - [Crisis Hotline Numbers For Cities In Texas](#)
 - [HBR- Coping With Fatigue, Fear, And Panic During A Crisis](#)
 - [HBR- That Discomfort You're Feeling Is Grief](#)
 - [HBR– Why Leaders Need Meditation Now More Than Ever](#)
- Social Distancing
 - [APA- Keeping Your Distance To Stay Safe](#)



Additional Resources and Articles

- [HBR- Coronavirus Is Putting Corporate Social Responsibility To The Test](#)
- [HBR- To Build An Agile Team Commit To Organizational Activity](#)

