



Keep your head in the clouds -
learning in times of Stress, Crisis, and Change



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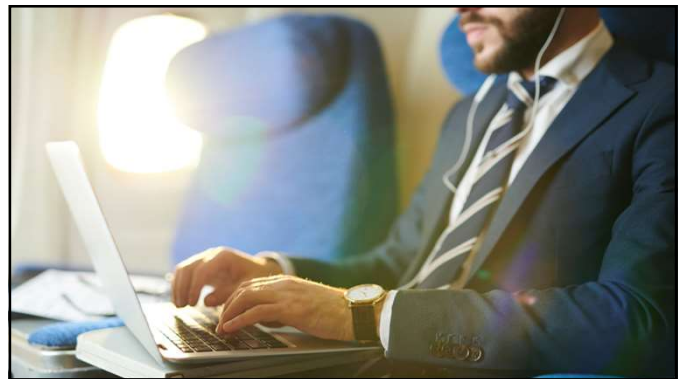
Let me address this up front...



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Stress

*A state of mental or emotional **strain** or **tension** resulting from **adverse** or very **demanding** circumstances.*

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-  **Concerns around illness**
-  **Balancing family with work**
-  **Doing “more” with “less”**

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Crisis

An *emotionally* significant *event* or radical *change* of status in a person's *life*.



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Being laid off from work



Fracture of a relationship



Loss of someone close



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Change

To make something *different* from *what it is* or from what it would be *if left alone*.



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Traveling by airplane



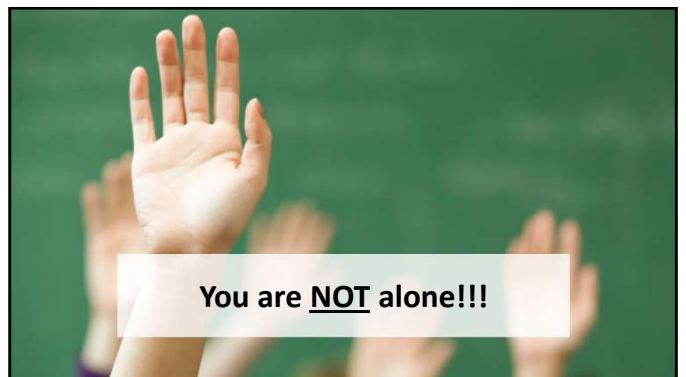
Running some errands



Virtual work environments



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Doing what you believe you were meant to do is relatively rare

Esteem involves both feeling good about oneself and feeling valued by others

Feeling accepted includes romantic relationships, friends, family, and social groups

People have a need for safe and predictable environments – tend to prefer the familiar

Our essential needs take priority: if you are hungry, hard to focus on anything but food

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Navigate **Maintain** **Improve**

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Reason?	Calling?	Purpose?
Skill?	Credential?	Seen?
Friend?	Comfort?	Connection?
Job?	Help?	Medicine?
Eat?	Drink?	Rest?

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Something that might help:

Make Room

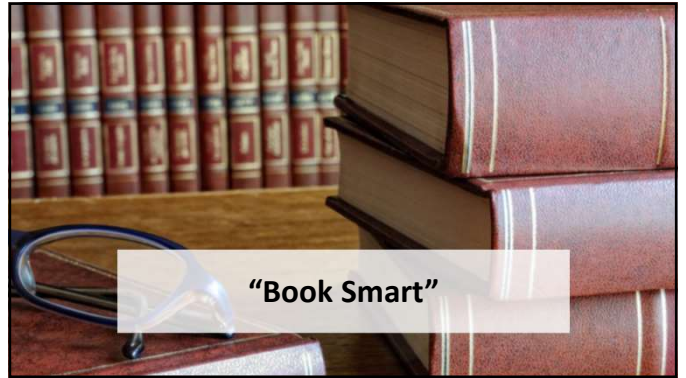
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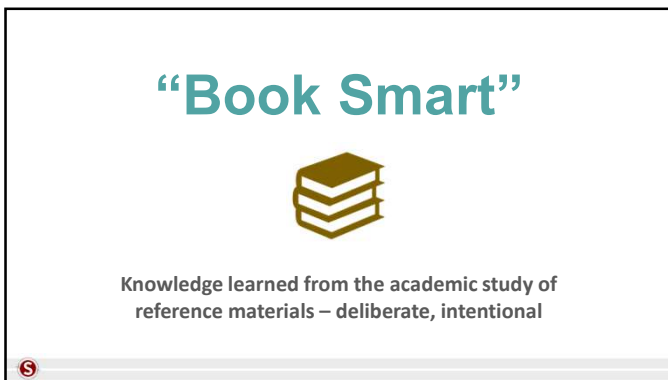
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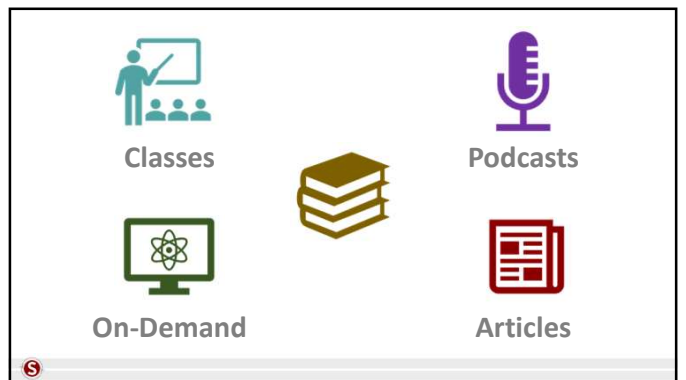
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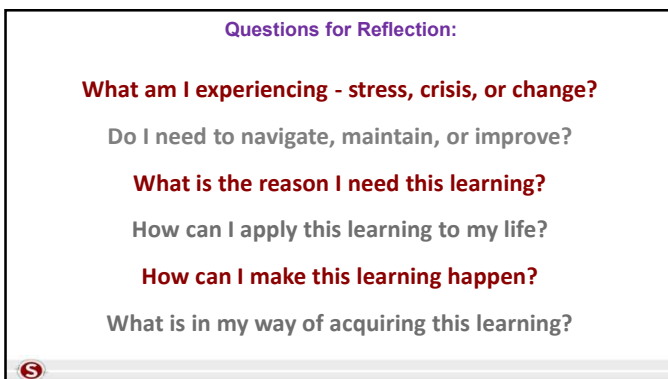
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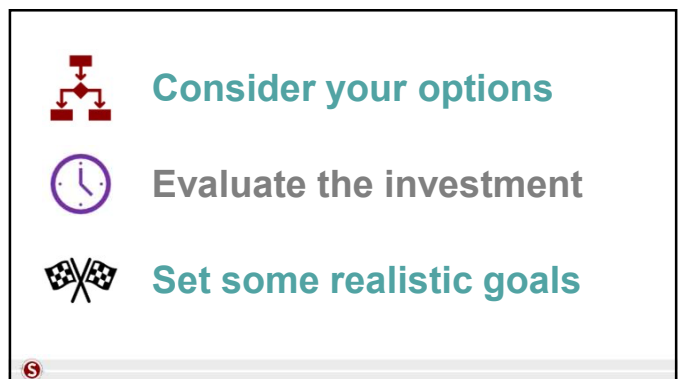
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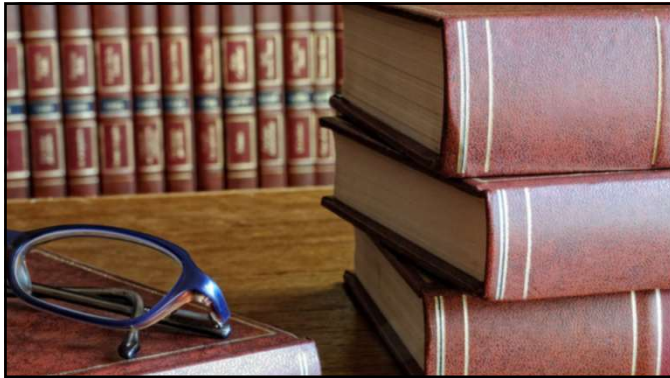
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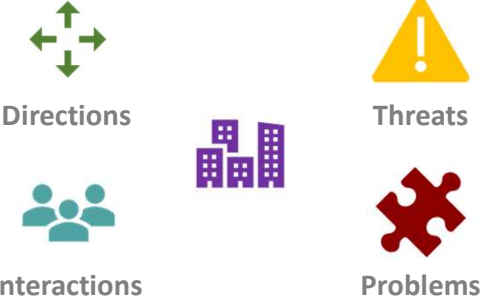
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“Street Smart”



Knowledge learned from experiencing the world firsthand – situational, sometimes unexpected

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Directions Threats
Interactions Problems

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Questions for Reflection:

What am I experiencing - stress, crisis, or change?
Do I need to navigate, maintain, or improve?


What do I now know about myself?
What do I now know about my environment?

What about this experience is useful?
How can this experience serve me in the future?


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Capture the moment



Find something useful

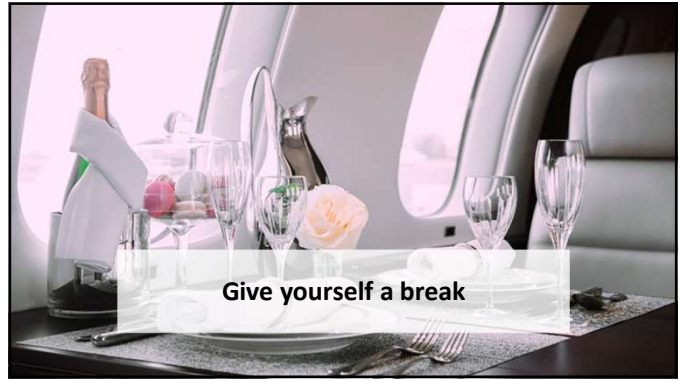


Share your experience

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Give yourself a break

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What are you experiencing?

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What do you need?

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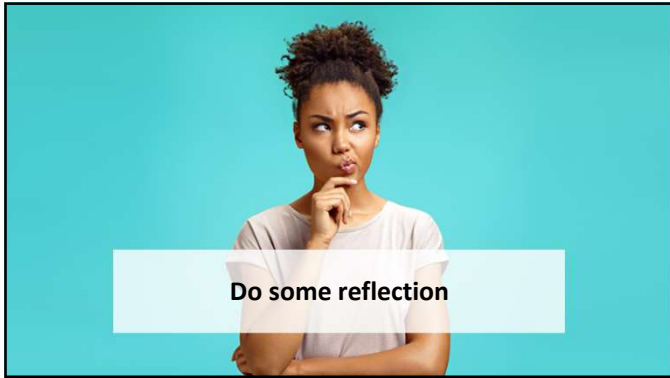
Would "Book Smarts" be of service?

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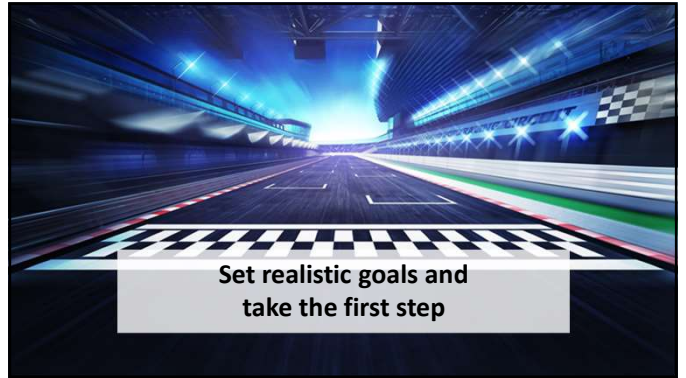


What about your "Street Smarts"?

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Keep Your Head in the Clouds

Learning in Times of Crisis, Stress, and Change

In these times we can experience many things, highs and lows alike. The three areas discussed in this talk were stress, crisis, and change:

Stress - A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Examples: Concerns around illness, Balancing family and work, Doing "more" with "Less"

Crisis - An emotionally significant event or radical change of status in a person's life.

Examples: Being laid off from work, Fracture of a relationship, Loss of someone close

Change - To make something different from what it is or from what it would be if left alone.

Examples: Traveling by airplane, Running some errands, Virtual work environments

Questions for Reflection:

- What am I experiencing - stress, crisis, or change?
- Do I need to navigate, maintain, or improve?

We are 'Wanting' Creatures



Maslow's hierarchy of needs

[Image: simplypsychology.org](http://simplypsychology.org)

Doing what you believe you were meant to do is relatively rare

Esteem involves both feeling good about oneself and feeling valued by others

Feeling accepted includes romantic relationships, friends, family, and social groups

People have a need for safe and predictable environments – tend to prefer the familiar

Our essential needs take priority: if you are hungry, hard to focus on anything but food



Keep Your Head in the Clouds

“Book Smart”	“Street Smart”
<p data-bbox="302 260 610 296">Intentional Learning</p> <p data-bbox="152 338 760 447">Knowledge learned from the academic study of reference materials - deliberate and intentional</p> <p data-bbox="123 531 505 564">Questions for Reflection:</p> <ul data-bbox="123 606 784 873" style="list-style-type: none">- What is the reason I need this?- How would I apply this learning to my life?- How can I make this learning happen?- What is in the way of acquiring this learning?	<p data-bbox="1036 260 1344 296">Situational Learning</p> <p data-bbox="859 338 1523 447">Knowledge learned from experiencing the world firsthand - situational and sometimes unexpected</p> <p data-bbox="859 531 1240 564">Questions for Reflection:</p> <ul data-bbox="859 606 1520 905" style="list-style-type: none">- What do I now know about myself?- What do I now know about my environment?- What about this experience is useful?- How can this experience serve me in the future?

Things you can do to get started:

1. Give yourself a break - find a wellness practice that can reduce distractions
2. Consider what you are experiencing - is it stress, crisis, or change?
3. Think about what you need - recall the different types from the hierarchy
4. Evaluate the type of learning - deliberate (book smarts) or situational (street smarts)
5. Review the questions - reflect on the topics above to explore the possibilities
6. Set realistic goals - avoid over burdening yourself, and take that first step

