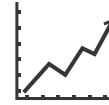


THE 4 G's of EMOTIONAL ANCHORING in a PANDEMIC CRISIS



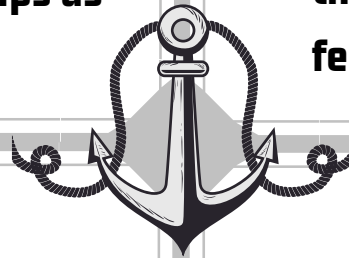
GRIEVANCE

- Identify what you have lost because of this disruption. Explain how it makes you feel.
- When we articulate what has been lost, we can process and honor its value. This helps us to let it go and make room for the new.



GAIN

- Identify what you have GAINED because of this disruption. Explain its value.
- This disruption also comes with silver linings, the more we can identify, the better we will feel.



GRATITUDE

- Identify what has remained in place for which you are grateful.
- Do you still have your health, food, safety? Counting our blessings reminds us of how fortunate we still are.



GIVING

- Identify what you can GIVE to others who are in need.
- The more we help others, the more we help ourselves and strengthen our communities