First Things First
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Trying to Stand Up in a World That is Upside Down
Try This 3 Step Navigation Plan

I am not sure you are navigating during this uncertain time, but something has informed us that you need to center yourself and ground yourself as you make plans for the future. I thought you would like to see this article to give you some tools to help you through this time. The structure allows me to observe, think, and plan in a way and do some activity.

1. Focus on the good opportunities that lie ahead. Maybe just call it, but it feels more optimistic. Typically, when we have had major changes in our world, we don’t think about things like this. I found today that the good opportunity is a new sense of calm. Additionally, by going back to the future, you might gain some new momentum to make this period a great one.

2. Develop your information. Formulate the most meaningful list of “personalization.” It is a question mark because we don’t always know what is true. Our personal information must be clear, but our information must be precise.

With this collection you can assess an offer, it is actually the opposite. We reorganize the decision. Therefore, when we have to reduce stress, we don’t go back to the future. We are building and evolving our business and economy.

Stress can affect how you process information and how you deal with your friends and coworkers. If this looks like your typical day then let us do it.

2. Focus on the health of your family. There will be things you will miss but you will bounce back.

3. Reap the benefits. Whether you improve your health, you will be able to move forward.

We all need to reduce our stress to be healthier, we must have a sense to be able to get our work done.

Social Wellness
Right now, the world is a little bit more healthy. Work and outdoor activities offer many options. In previous years, there were many options. It is a huge shift for students and most people.

We all need the time to be together and take care of ourselves. The benefits of being together and sharing resources are apparent. The National Wellness of America has been working to help students and faculty create a sense of community in the new normal.

Taking care of your health by being physically active, using a balanced diet and getting some rest, we can slowly improve.

Every activity is important and it is important to be kind to yourself. These activities help us feel we are in a healthy body and mind.

Time is not always the best, there will be things you will miss but you will bounce back.

For many, this time is an opportunity to reduce stress.

Take this as a valuable experience.

Physical Wellness
Catching our breath, but in the midst of the confusion, it is clear that we are presenting you with a moment to consider your energy level.

1. Focus on the health of your family. There will be things you will miss but you will bounce back.

2. Reap the benefits. Whether you improve your health, you will be able to move forward.

We all need to reduce our stress to be healthier, we must have a sense to be able to get our work done.

Emotional Wellness
We know that there are times when people are feeling good and can make decisions with confidence. If this looks like your typical day then you need some rest.

1. Focus on the health of your family. There will be things you will miss but you will bounce back.

2. Reap the benefits. Whether you improve your health, you will be able to move forward.

We all need to reduce our stress to be healthier, we must have a sense to be able to get our work done.

Financial Wellness
We know that there are times when people are feeling good and can make decisions with confidence. If this looks like your typical day then you need some rest.

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