

Coping During the COVID Crisis

How can we help ourselves cope better during the COVID-19 crisis? We have developed some ideas for optimizing your coping approach using the DISC Model:

DISC Style	Tips for How to Optimize Coping During the COVID-19 Pandemic
D Dominance	<ul style="list-style-type: none">Practice being patient.Make some short-term goals and focus on them.Balance your natural pessimism with optimism.Create a daily calendar to accomplish smaller tasks that you can control.Practice encouragement and support of others.
I Influence	<ul style="list-style-type: none">Continue to interact with others within safe boundaries.Consider helping others virtuallyAsk for support from others when you need it – and learn to accept it.Make a structured plan to achieve your short and long-term goalLet go of guilt and the need to please.
S Steadiness	<ul style="list-style-type: none">Get your information detail needs met by asking more.Ask for support when you need it.Take action on important initiatives even if it represents a risk.Create a short-term, detailed plan that creates a sense of personal security and certainty.
C Conscientious	<ul style="list-style-type: none">Ensure you collect enough facts and data about your current situation.Know that it's OK to not have all the answers.Create a short-term plan to accomplish goals and ensure timely completions.Get enough solo time to ensure that you can rebound and maintain your energy and pace.



DISC PROFESSIONAL
STYLE PROFILE

scain@corplearning.com | www.discprofessionalstyles.com