



CONVICTION 2 CHANGE PUBLISHING LLC

Conviction 2 Change Publishing LLC

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Thank you for joining Derek C. Lott, Leesa Askew, and Conviction 2 Change Publishing for our inaugural “The Author’s Table.” Below you will find the highlights and talking points from tonight’s talk on the topic: Communication in Crisis.

For the Author’s bios and about their books visit:

- [www.leesaaskew.com](http://www.leesaaskew.com) (Author of When Life Gives You Lemons...Stop Making Lemonade)
  - IG: @leesaaskew Facebook: Leesa Askew
- [www.derekclott.com](http://www.derekclott.com) (Author of Say It Well – Creating and Tailoring Value-Driven Communication)
  - IG: @derekclott Facebook: Derek C. Lott

### **Key Points:**

- During this time, positive self-talk is important. You must be mindful of what you say to yourself during this time. We are all frustrated and adapting to a new normal and so be kind to yourself as you make this adjustment. You have to continue to show up for yourself, but you can’t do that if you’re not affirming yourself.
- There is no I in team, but there is one in win. In order to win for others, you must first win for yourself.
- Setting up a routine is crucial to adjusting to this new normal. Some of us have children at home that have to be homeschooled in addition to our work responsibilities. It may be hard but trying to keep some sort of schedule in the midst of COVID-19 will help with the adjustment and make the transition less jarring.
- To communicate well, it’s important to be more empathetic. Everyone is going through something with all of this change right now, whether they vocalize it or not. Before you respond, think about this and then draft your email, phone calls, communications appropriately.
- We are stronger together, and as such it’s important to share the information that we have and are gaining with one another. We also need to check on each other and find ways to stay in community. Try to schedule virtual dates with those you care about most and check on those you haven’t heard from in a while. Check on your extroverts, and those for whom physical touch is their love language. We all need support right now to make it out of this together.
- It’s okay to grieve what you’ve lost during this process, but don’t stay in this state. Creating a gratitude list of those who have positively impacted your life can be a useful tool to assist with staying balanced and levelheaded. If possible, connect with the people on that list in order to let them know that you care.



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- There is a lot of “toxic positivity” going around that says that you must be productive during the stay at home order. Selfcare during this time isn’t selfish, it’s crucial. It’s also important to understand that we don’t actually have more time in most cases. Often, we feel that we are losing time because we are still trying to regulate our new normal. Your main goal should be to make it out of quarantine whole, anything else is a bonus. You don’t have to constantly be on your grind, it’s okay to rest.
- If you are looking for things to do, you should consider educating yourself. This time has shown us how many people lack financial literacy, and as a result, they are unable to process and cope with what happens when money gets funny.
- With regards to establishing a routine, and focusing on physical wellness as well as mental wellness, try to find ways to get active. Go outside (safely) for at least ten minutes just to give yourself a chance to breathe. A helpful tip for dealing with your anxiety and stressors is to remember this acronym B.E.S.T. (Breathe, Examine, Shift, Triumph).
- When dealing with people, who you love, 24/7, setting boundaries is important. Sometimes you need to just take a moment and go into a different room, step outside, volunteer to do the family grocery shopping so that you can have a moment to decompress and reset.
- Everyone has a story within them and another way of staying balanced during this time is tuning into creative outlets. You may want to create a journal if that’s not something that you do regularly so that you can document how you are making it through this global event. No one has the same perspective as you, and regardless of the medium you choose you have an audience.
- Of course, if you are in danger or under extreme emotional distress, reach out to professionals or the proper authorities.

### **Community Resources:**

- Wellness
  - Instagram: @herdivineyoga
  - [www.heartmath.org](http://www.heartmath.org)
- Graphic Design
  - KDL Creative Consulting
    - [www.kdlcc.biz](http://www.kdlcc.biz)
    - Instagram: Kdlcc.biz