

INTRODUCTION: Types of stress and aftermath of COVID19

The Three-Pronged Approach:

- I. _____ (Three Characteristics of Change)
 - A. Change is _____
 - i. Fear of the _____
 - ii. Fear of _____ because of the _____
 - B. Change is _____
 - i. _____ or drastic
 - ii. _____ or external
 - iii. _____ or negative
 - C. Change can be _____
 - i. Neither _____ nor _____
 - ii. Break out of my _____
 - iii. Forces me to raise _____ - _____
- II. _____ (Two Opposite Mindsets to Balance)
 - A. _____ (respectful submission)
 - i. _____ on the benefits
 - ii. Focus more on _____ than _____
 - iii. Be _____ rather than _____

FIVE DANGEROUS D's:

- B. _____ (types of flexibility)
 - i. _____ - incorporating different thinking processes
 - ii. _____ - dealing with emotions; varying approach
 - iii. _____ - operating optimistically yet realistically
- III. _____ (The Three "LOOKS")
 - A. The _____ Look (_____)
 - i. Change is an _____; not a _____
 - ii. If you're not _____, then you're _____
 - B. The _____ Look (_____)

KEY WORDS: _____

 - C. The _____ Look (_____)
 - i. Passing on what I've learned: _____
 - ii. Making the most of the situation: _____
 - iii. Someone else will also benefit: _____

CONCLUSION: Be a _____ for change; NOT an _____!