

8 WAYS TO STAY CALM IN A CRISIS!



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#CORONAVIRUS

**THERE IS A LOT OF FEAR AND UNCERTAINTY IN
SOCIETY RIGHT NOW - AND RIGHTLY SO.**

**THE SPREAD OF COVID-19 HAS TAKEN US ALL DOWN
A PATH WE NEVER COULD HAVE PREDICTED.**

**BUT HOW SCARED SHOULD WE BE? WHAT SHOULD
WE BE THINKING RIGHT NOW?**

**HOW WILL IT AFFECT OUR JOBS AND LIVES AS A
WHOLE?**

**LET'S DISCUSS SOME OF THOSE THINGS
TONIGHT, AND ALSO LOOK AT SOME
GREAT TACTICS THAT CAN BE APPLIED
TO MANAGE THIS CRISIS - AT LEAST
MENTALLY.**

**THIS BROADCAST IS NO SUBSTITUTION
FOR PROFESSIONAL ADVICE ON THIS
TOPIC, AND IS DESIGNED SOLELY TO
HELP THOSE WATCHING, TAKE AS MUCH
CONTROL AS POSSIBLE.**

**FOR THE LATEST UPDATES ON
CORONAVIRUS - PLEASE VISIT:**

WWW.WHO.INT

1. AVOID DEFENSIVENESS & DENIAL

Many people get caught in a cycle of defensiveness and denial.

They try to downplay the severity of the situation. This is a VERY serious situation. Just because you may not have felt its direct impact yet, it doesn't mean it's not there.

**There are some really vulnerable people
in society right now - it's everyone's
responsibility to look after each other.**

**If you're not in a high-risk group - it's still
your responsibility to look after that
group.**

It's NOT the time to be selfish!

2. HAVE COMPASSION FOR PEOPLE

Whether that's checking in on your elderly neighbours, or simply not hoarding every toilet roll in sight... show compassion.

If someone is showing real fear at this time, do what you can to calm their nerves.

There is no need for panic right now.

Try and support local businesses - they are getting hammered at the moment.

Step up and be the leader we need you to be at this time.

Be a source of calm and not anxiety.

3. REDUCE YOUR EXPOSURE

Again, we're not playing into any fear here - just be aware of where you venture, and how this virus can spread,

Spend time in nature, away from large crowds, wash your hands and sanitise regularly, and leverage technology to stay in touch with people who may feel isolated.

**You can't control what others do, but you
can play your part, by choosing to
control what you do.**

**If it's not absolutely necessary to travel,
why take the risk?**

4. KEEP LIFE SIMPLE & CLEAN

Being productive in a time of crisis, is a great way to keep calm, whilst not being consumed by media hype.

If you have been told to stay at home, use this time to re-organise your physical space, financial space, emotional space... throw out any old clutter - and start fresh.

**Life may be put on hold for a little while -
so use this special time to clean up, and
complete those jobs around the house,
that you've been putting off.**

**An uncluttered space = an uncluttered
mind.**

5. PREPARE FOR THE WORST

Again - this is NOT based on fear.

Being prepared in a crisis, will alleviate your anxiety massively.

Don't go overboard, but buy some extra supplies, and store them just incase.

Don't leave everything til the last minute.

Again, show compassion - don't go buying up every single bottle of sanitising spray on the shelf.

Buy only what you think you'll need.

This will alleviate your exposure if you do need to self-isolate for a few days.

6. HOPE FOR THE BEST

Don't forget - THIS WILL PASS!

We are not headed for a zombie apocalypse - just a period of time, where we all need to be cautious and play our parts.

Educate friends, family, and elders - but stay positive. You have a lot of control.

Use extra time off work to consume uplifting content, and invest in yourself.

If you're an actor, take part in the upcoming online Act On This meet-ups, and catch up on the 100's of HOURS of podcasts and videos over at www.actonthis.tv

7. BUSINESS AS USUAL

As well as consuming content - keep adding value to the world.

Don't get caught up in the media circus.

Develop new skills - learn new ways to earn income. Invest in yourself and others daily - don't stay clued to the news.

8. BECOME A LEADER

Everyone around you, needs you to demonstrate strength and stability right now.

That might not always be easy - but know this won't last forever, and that you have everything within you right now, to see this through.



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MONDAYS (9PM UK)

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