

# Welcome to the COVID-19 Conversation with C.J. Hayden & Kristine Carey

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We'll be getting started in a few moments. Please read these tech tips.

- **NOTE:** If you hear an echo, plug in a headset or earbuds.
- Use the attendee control icons (bar at bottom or top) to:
  - Mute/unmute yourself (mike icon)
  - Turn on/off your webcam (video camera icon)
- Click the chat icon to engage in chat. (Bottom center or under “Participants.”)
- If you can't hear and/or talk, just call +1 669-900-6833, meeting ID 911 6824 6214, participant ID # (just press the # key), password 029389.

# Today's logistics – the technical part

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- **IMPORTANT:** If you hear an echo at any point, the quickest way to get rid of it is to plug in a headset or earbuds.
- **Audio tips:** Online – use the mike icon on the attendee control bar (at bottom or top of your screen) to mute/unmute yourself. On phone – use \*6 to mute/unmute yourself or your phone's mute button.
- **Video tips:** Please leave your video off unless you are speaking. Use camera icon at bottom left to turn on/off your webcam.
- **Change view:** Choose between “Speaker View” and “Gallery View” in upper right (desktop), upper left (iPad) or swipe thumbnails left/right (mobile)
- **To raise your hand:** Online: find attendee controls bar, at bottom or top of your screen. Click “Participants” (desktop) or “More” (mobile). Look for the words “Raise Hand” or a raised hand icon. On the phone: press \*9.
- **Computer or app trouble?** Rejoin by phone: call +1 669-900-6833, meeting ID 911 6824 6214, participant ID # (just press the # key), password 029389.

# Today's logistics – the process part

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- Introductory remarks by C.J. & Kris
- Thoughts from C.J. & Kris on staying productive and sane during the crisis
- Your questions and comments – please hold until we call for them
- Closing remarks & next steps
- Stay on mute with video off until we call on you
- Raise your hand when you wish to speak

# Staying Productive & Sane

## Our mindset for today

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- The COVID-19 crisis is real, unavoidable and worldwide.
- We don't know how long it will last, but it is *temporary*.
- Here in this space, we will be pragmatic and solution-focused.
- No fear-mongering or blaming allowed.
- But also, no happy talk. This is going to be hard.
- We are all in this together.

# Keep all personal information confidential

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- You are welcome to share with anyone your own personal experience of this conversation.
- You are ***not*** permitted to share any other people's name or identifying details without their explicit permission.
- We are recording today and the recording will be shared with others.
- If you say something you would prefer not appear in the recording, notify us and we'll edit it out.

# C.J. Hayden: Relieving stress, worry, and sleeplessness

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- It can help to [normalize your experience](#). Everyone is experiencing some level of anxiety, struggle, grief, insecurity...
- [Name the feelings](#) you're having. Talk about them, write about them, sing them, draw them, sculpt them, dance them.
- [Take control of what you can](#) to stabilize yourself. Eat healthy food, talk to other humans, try to sleep at the same hours daily, take 30 minutes to exercise and 30 to rest your brain.
- Limit news consumption to brief amounts of [credible sources](#). Avoid consuming or spreading [misinformation](#).
- Spend at least some time daily doing [something you enjoy](#) or [with your kids](#) which makes you feel positive.

# Kris Carey: Discovering the best use of YOU during the crisis

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- Name what's going on and lean into it
- Know and use your Super Powers
- Use your strengths and higher self to determine how to BE during the crisis and therefore stay sane
- Ontology vs Psychology vs Doing-ology – who you're being vs how you're feeling vs what you're doing
- Put on your own oxygen mask first; caretaking of YOU
- Discover & honor what's happening right now rather than live out of some idealized version of live

# C.J. Hayden: Managing time, space, projects and responsibilities

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- “Work expands so as to fill the time available for its completion.” ~ [C. Northcote Parkinson](#)
- [Add structure](#) to your day to keep it balanced between work, home/family, self-care, and down time.
- Do the same for your quarantining space, [creating boundaries](#) for activities and occupants.
- Make a [3-item to-do list](#) every day and do those first. At the end of the day, make your list for tomorrow.
- Prioritize based on real needs and wants, [not shoulds](#).
- “Forgive yourself for feeling scattered, unfocused, and paralyzed.” ~ [Haley Nahman](#)



# Kris Carey: Finding a productive rhythm that fits your personal priorities

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- Follow your energy – use what you’ve got right now
- Prioritize what’s most important, what will serve you AND others, a “yes and” rather than “either or”
- Understand what’s real vs what’s monkey mind and follow what’s real
- Don’t push to try to make yourself do or be somebody; you don’t need to participate in quarantine goals
- Your work may not look the same as it did before and that’s OK

# Your questions and comments

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- Stay on mute with video off until we call on you
- Raise your hand when you wish to speak
- Please use handraising for questions; feel free to use chat for comments

# Next steps

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Free “office hours” with C.J. & Kris:

- Fri May 1, Thurs May 7, Thurs May 14, Fri May 22, Thu May 28

Meeting time for all sessions:

- 10:00-11:00 am Pacific Daylight Time
- 1:00-2:00 pm Eastern Daylight Time
- 6:00-7:00 pm British Summer Time

Registration will be open soon; you’ll only need to register once for all/any sessions

## Next steps

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- Remember to tell C.J. if there's anything you'd like deleted from the recording.
- Watch your email to register for the upcoming sessions.
- Comments? Questions? Requests?
  - C.J. Hayden – [contact@cjhayden.com](mailto:contact@cjhayden.com)
  - Kristine Carey – [coach@kristinecarey.com](mailto:coach@kristinecarey.com)

## In closing

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- This is a *temporary* situation even though the impact may be long-lasting.
- You are not alone in your questions, fears, and struggles.
- There are answers out there, although you may have to work to find them.
- Be gentle with yourself. This is a tough time.
- We are all in this together. If we continue to support each other, we can get through this.