

Connection During Corona - Teens Let's begin by defining our terms...

Connection - a secure point of contact - done on purpose

Crisis - a time of intense strain, difficulty, trouble - often involves great uncertainty

Stress - a state of strain, pressure, and tension because of all the things - coronavirus

Rest - a state of peace, calm, and connection in the midst of all the things

Relationship - a state of connection or disconnection to a person, concept, or object

Mindset - how you think, feel, and develop your foundational attitude or way

2 Types of Mindset - Carol Dweck author of Mindset

Growth - says things are changeable - *power of not yet* - effort is logical

Fixed - says things are not changeable - *they are what they are* - effort is not logical

3 Steps to Connection During Corona:

The questions are a guide - they'll lead to more questions and specific answers

1. Recognize you have a **CHOICE**

What types of connection do you have right now?

How satisfied are you with those connections?

What is your yes, but...?

2. Identify the BELIEF that jacks with your CHOICE

What are your specific thoughts, feelings, and ultimately beliefs that have popped up?

What type of Mindset / Heartset do you have?

What's driving your "over doing" or "under doing?"

3. CHOOSE Freely the state of being you *actually* desire - the one you're created for

What is your desired state? (Stress - over doing/under doing or Rest - calm, connected)

What connections do you want to choose to make on purpose?

One action to STOP one action to START:

(something like...I'm going to stop mindlessly using technology to disconnect and I'm going to start breathing on purpose before I decide about technology)

Remember to **BREATHE on purpose**. Notice what comes up and **Connect**