



How to Channel Your Natural Frustration and Anger



Key Takeaway:

The pandemic is taking a toll on managers' and leaders' psyches. To weather the crisis, acknowledge and manage emotions (yours first, then theirs). Success is dependent on how you perceive and adapt to persistent adversity.



Find new purpose

When you feel stuck, carve out time to think about:

- ▶ What energizes and inspires you now
- ▶ What's important to you now
- ▶ What's worth protecting
- ▶ What's worth holding on to
- ▶ What's unnecessary



Reframe the situation

- ▶ Calibrate your own response to the pandemic to those around you; identify commonalities
- ▶ Tap into what's gotten you through the last 9 months
- ▶ With "old ways" curtailed, identify "new ways"
- ▶ Adopt a "what's doable now" approach
- ▶ Message and strategize around a future when COVID is adequately prevented and treated



Give yourself a break

- ▶ Stop being self-critical for every mistake, mis-fire or oversight; say out loud, "that failed" and move on
- ▶ Ask, "how would a true friend or mentor reassure or support me?"
- ▶ When anger flares, channel it into candor, and express an intent to move beyond
- ▶ Enlist a trusted outsider (or several) as sounding boards
- ▶ Accept that taking care of emotional health is a matter of survival rather than self-indulgence