Dr. Brené Brown, bestselling author and researcher, launched her new podcast, Unlocking Us, as the COVID-19 pandemic was getting traction.

In her first segment, she outlines a 3-step adaption strategy:

Normalize it
Put it into perspective
Reality check expectations

- Wake up in the morning and think:

    ## "No matter what gets done and how much is left undone, I am enough".

- No one knows how to handle something like this, and many of us are anxious, uncertain and afraid. It's OK to feel all of those emotions.

- People are not meant to go through difficult things alone. People shoulder life's obstacles with less stress if they have proper support. Call, text, or connect with people using an app to see their faces. ☺

- Wholehearted living is about cultivating courage, compassion and connection.

- Perspective is a function of experience-- the less experience, the less perspective.

- Focus on what science and facts have proven to stay healthy; both provide certainty right now.

And Remember…

1. You are **not** working from home, you are _at home during a crisis, trying to work_.
2. Your physical, mental and emotional health is more important than anything else right now.
3. Do not try to compensate for lost productivity by working longer hours.
4. Be kind to yourself and not judge how you are coping.

Identify FAMILY GAP rules:

Sometimes I come home mentally tired, and say to my husband, 'Steve, all I have is 20 percent.'
And he's like, 'Hey, I've been holding down the fort here. All I got is 20.'
Once we realize we've got a **60% gap in capability or energy**, we apply **"gap rules"** for the family.

What are YOUR rules when you don't have 100% to give to the family?'"

Check-in with each member to determine what they should be.

Brene's kids helped create this list:

1. No harsh words
2. No nice words with harsh faces
3. Say you're sorry
4. Accept apologies by saying thank you
5. More puns and knock-knock jokes

Find Brené Brown on Instagram, YouTube, your favorite bookstore and/or podcast archive!

This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we're afraid, or our very best, bravest selves. In the context of fear and vulnerability, there is often very little in between because when we are uncertain and afraid our default is self-protection. We don't have to be scary when we're scared. Let's choose awkward, brave, and kind. **And let's choose each other.**