Huen, Zena (FAA)

From: Huen, Zena (FAA)
Sent: Monday, March 16, 2020 11:41 PM
To: Huen, Zena (FAA)
Cc: Khosla, Mamta (FAA); Vu, Thong (FAA); Ngai, Eva (FAA)
Subject: NAPA's message re COVID-19

Dear NAPA Family & Friends:

5 Tips to Stay Positive in Negative Situations (the link below credits majority of this message to their article) laced with Zena's input.

From: https://www.lifehack.org/articles/communication/negative-situations.html

1. Shift your mindset

Shifting your mindset and looking for the lesson in the situation isn't about blaming yourself or anyone else for what's happened. Instead, the purpose of doing this is to get something positive out of the situation and, hopefully, to prevent it from occurring again in the future.

I've been shifting in my mind whether the NAPA members and friends needed any more messaging on COVID-19 when all of us are hit by e-mails and the media on this virus left and right. Everyone is trying to escape from this horrible virus and know to wash their hands, practice social distancing of 6' or at least skip a chair when have to be in meetings together, wipe everything down, practice self-quarantine if sick. Latest available guidance from the Department of Transportation is asking all eligible employees in the National Capital Region to begin teleworking to the maximum extent possible. We have seen public transportation on Amtrak, VRE, WMATA cutting down services available. In MD, the restaurants, bars, gyms and theaters are closed. Schools are out 2 weeks to 4 weeks in the area for K-12 and gone on-line around the country for colleges/universities. In fact, Enterprise Rent-a-Car (https://www.enterprise.com/en/car-rental/deals/young-driver.html) is allowing college kids trying to get home to rent under the age of 25 now. Also, U-Haul has stepped up offering 30-days of free storage for students who must suddenly move out (thanks to U-Haul President John Taylor), go to their website uhaul.com. The DOT guidance also offers additional information for employees with dependent care questions when you have young ones.

2. Get support

You don't have to deal with a negative situation on your own.

Getting support from friends or family you can trust can not only help you get through this tough time, but it can also strengthen your relationships with the people around you.

For those who are dealing with any stress or anxiety about COVID-19 or other matters, really encourage you to make use of FAA's confidential and complimentary Employee Assistance Program (EAP).

3. Focus on what you can control (and let go of what you can't)

We can't always control the situation that we find ourselves in. If you find yourself in a negative situation, trying to take responsibility for things you have no control over will only make you feel worse. It's also self-defeating as, if you don't have control over something then there's usually not much you can do to change it.

We are in the midst of dealing with a virus we did not ask for. Unless you have the capability to discover the cure; which most of us don't… what we can do is help prevent it from spreading with 'social distancing' and what is even better, if you have the capability to help the elderly, the sick, those needing groceries/medicines/supplies – offer to pick up and drop off for them. Just calling/texting/e-mail to check on friends and family in stressful times means more than people realize – powerful impact when people CARE. For those of you that have known me to say this before L-O-V-E to a child means T-I-M-E. Give of yourself by reaching out to check on/contact others, the time you put in is returned a 100 fold.

4. Practice self-compassion

Every negative situation is a chance to practice a valuable skill: self-compassion. The amount of self-compassion we show ourselves is directly proportionate to our quality of life. If we're able to practice self-compassion, we're more likely to be resilient in the face of challenging situations and we're more likely to take risks that further our personal and professional development. We're also more likely to take steps to amend any role that we played in creating the negative situation in the first place.

Self-compassion is not the same as giving yourself a free ride or not taking responsibility for your actions. Instead, it's about accepting that you are a human being with human experiences. Also practice compassion for others. FAA has announced 3 people tested positive. No matter what your faith is, I ask everyone to say a prayer/offer positive thoughts for those people's recovery and anyone inadvertently impacted world-wide.

5. Remember 'it' will pass

As I mention above, life is a process of highs, lows, and everything in between. Just as this means that negative situations are an inevitability, it also means that they will inevitably pass and make way for more positive times.

Our job is to take what we can from the negative situations, whether it's a lesson well learned, or a renewed trust in our strength and resilience, and to enjoy the good times while they last.

Finally, remember that negative situations are uncomfortable, even painful at times. But how we approach these situations has a huge influence over how we experience them.

KNOW the FACTS:

What is the novel coronavirus disease, COVID-19?

Answer: The World Health Organization (WHO) describes the coronaviruses as a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (COVID-19) is a new strain that has not been previously identified in humans.

What are the common symptoms of the novel coronavirus disease, COVID-19?

Answer: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

MYTH/INACCURATE LABELING:

Yes, some of us have seen on Twitter/heard someone in a position of leadership call this virus the "Chinese Virus" – we have seen this virus impact the world, it's not limited to China/Chinese people. Labeling and blaming what has happened doesn't fix the problem. Who caused it/where it was first discovered doesn't correct the wrong; we need to work together in stopping it – for humanity's sake.

By implementing these five tips: looking for the lessons, getting support, focusing on what we can control, practicing self-compassion, and remembering that the situation will pass, we'll be in a much better place to handle negative situations as they occur and carry on along the roller coaster that life hands us.

In closing, like to share an image I look forward to each spring. The Japanese Cherry Blossoms in full bloom. Raincheck for our planned NAPA walk around the Tidal Basin.

Very respectfully, your servant leader.
Zena LL Huen, National President FYs 2019-2020
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