Facilities Connected

Linking you to our team during the COVID-19 emergency.

September 30, 2020

Six months ago we started hearing "adjust to the new normal" from everyone, everywhere. And we did. Yet how do you keep adjusting to an ever-changing situation where the new normal is still uncertain 6 months later? Understand surge capacity here and please remember to take care of yourself.

"The six-month mark in any sustained crisis is always difficult. We have all adjusted to this "new normal," but might now feel like we're running out of steam."

SURVEY: How are you refreshing your energy and surge capacity these days?

Understanding Surge Capacity

Your 'Surge Capacity' is Depleted - It's Why You Feel Awful (elemental.com)

• Accept that life is different right now
• Expect less from yourself
• Recognize the different aspects of grief
• Experiment with "both-and" thinking
• Look for activities that continue to fulfill you
• Focus on strengthening important relationships
• Slowly build your resilience bank account

What is Surge Capacity? The stress-busting tactic that's being wiped out (thenational.com)

Six-month Wall: Rehumanizing the Virtual Workplace (forbes.com)