



# Rethinking the Basics

## How to Thrive Through Extended Stress

*By Pamela Ebstyne King Ph.D.*

### **Distinguish What is Necessary**

Determine what is essential versus nice to meet your biological, psychological, social, and spiritual needs.

### **Be Flexible**

Be adaptive and agile to respond to challenges and opportunities.

### **Think Outside the Box**

Be innovative and creative when addressing your short and long-term goals.

### **Don't Do it Alone**

Rally your team, reach out to others, collaborate on goals, communicate often, and set clear expectations.

### **Be Strength-based**

Encourage and empower those in your circle to contribute based on their strengths.

### **Keep Perspective**

Remember there's life and meaning beyond yourself. Stay directed toward your true north.

### **Be Purposeful**

When feeling aghast, remind yourself that covering your goals and basic needs are for bigger purpose.

