Staying Emotionally and Mentally Healthy During COVID-19

NK Shrivastava, PMP, RMP, ACP, CSP, SPC4
CEO/Enterprise Agile Coach - RefineM

Agenda

1. Context Setting/Expectations

2. Staying Emotionally and Mentally Healthy During COVID-19

3. The 5-point Strategy

4. Developing Your Daily Plan

5. Summary / Q&A

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RefineM's Virtual Lunch & Learn

This is a monthly webinar delivered during the lunch hour in the first week (Wednesdays) of every month.

It's designed to help you learn while you eat lunch, providing a relaxed environment to enhance your experience.

The monthly webinars will cover a variety of Project Management / Agile topics.

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Context Setting/Expectations

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NK Shrivastava
PMP, RMP, ACP, CSP, SPC4

- CEO/Consultant since Dec 2011
  - Agile Transformation/Coaching/Adoption
    - Enterprise Agile Coach @ IBM
  - Project Management/Process Improvement Consulting and Training Products for Project and Agile Professionals
    - Essential Gear for Project Managers
      RefineM.com/products/essential-gear-for-project-managers/
    - PMP Exam Simulator
      RefineM.com/pmp-exam-prep-practice-test/
    - Agility Assessment Tool
      Agility.RefineM.com/
    - Videos – PMP and Agile
      https://vimeo.com/search?q=RefineM
- 20+ years of successful project leadership
  - Successfully led hundreds of projects of all sizes
  - Recovered many projects, saved millions of dollars
  - Implemented numerous process improvements
  - Coached/mentored hundreds of PMs and executives
  - Board member of SWMO PMI Chapter (2008-2014)

Helping organizations turn their project management capability into a *competitive advantage*

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What's New at RefineM

Upcoming Free Webinars	Date
Roadmap for Project Managers to Transition to Agile	Jul 1
Maturity Assessment for Agile Teams – on ProjectManagement.com	Aug 5

RefineM Products

1. **Essential Gear for PMs-** **Refinem.com/products/essential-gear-for-project-managers/**

2. **PMP Exam Prep Test Simulator –** **Examprep.RefineM.com**

3. **PMP® Self-Paced Online Training -** **Vimeo.com/ondemand/refinempmpexamprep**

4. **Agility Assessment –** **Agility.RefineM.com**

5. **Agile Fundamentals Self-Paced Online Training -** **Vimeo.com/ondemand/refinemagile**

6. **Agile Business Reqs. Self-Paced Online Training -** **Vimeo.com/ondemand/refinembusreq**

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Staying Emotionally and Mentally Healthy During COVID-19

The 5-Point Strategy

1. Practice meditation or yoga for at least an hour per day
2. Limit your intake of the news to 30 minutes per day
3. Watch or listen to content that is inspiring or funny
4. Professional work / development at least 8 hours per day
5. Connect with friends / family on social media, not spread gossip

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1. Meditation or Yoga for at least an hour

- Increased self awareness

- Clears up the emotional pollution

- Allows you to feel more in control

- Best time – Early morning

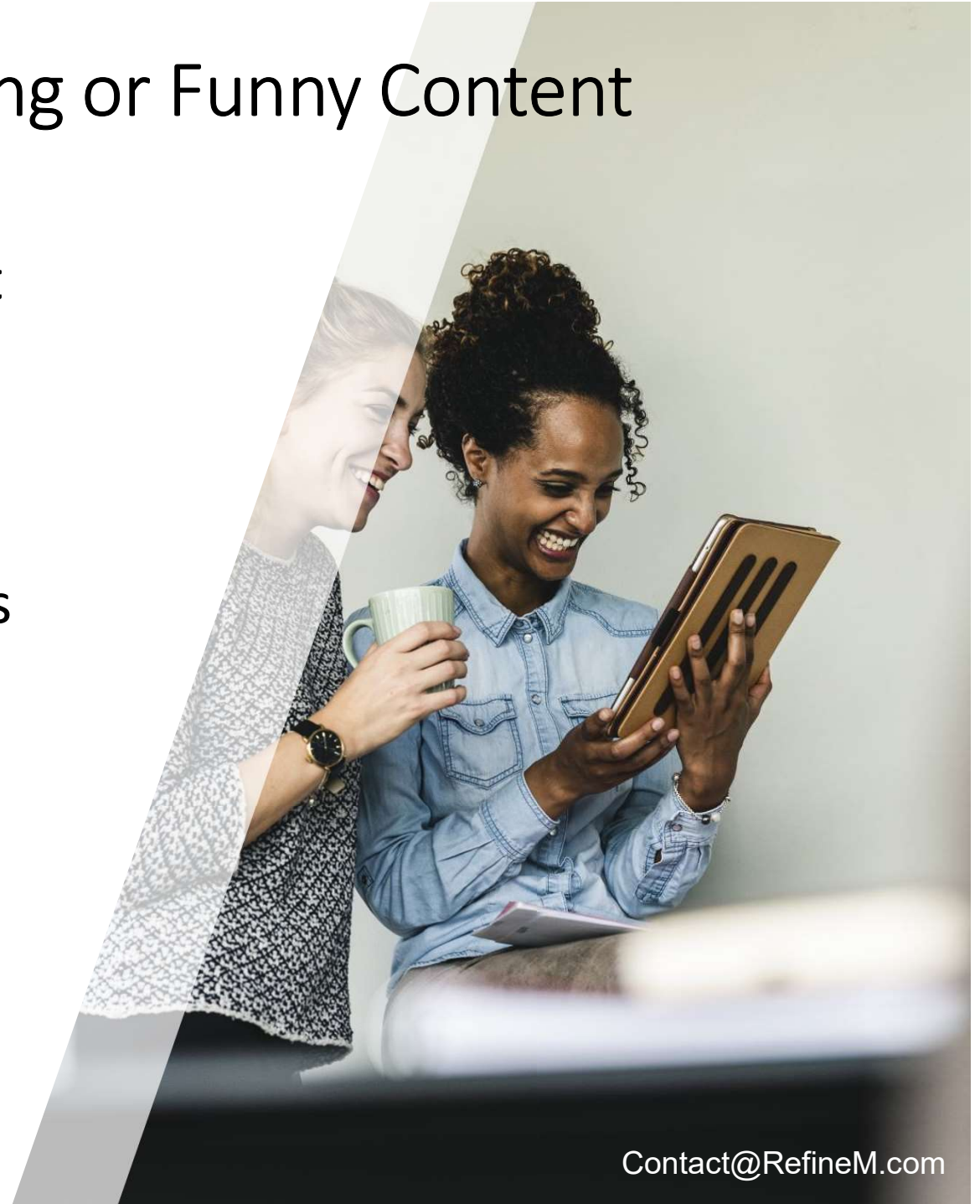- Worst time – None

Contact@RefineM.com
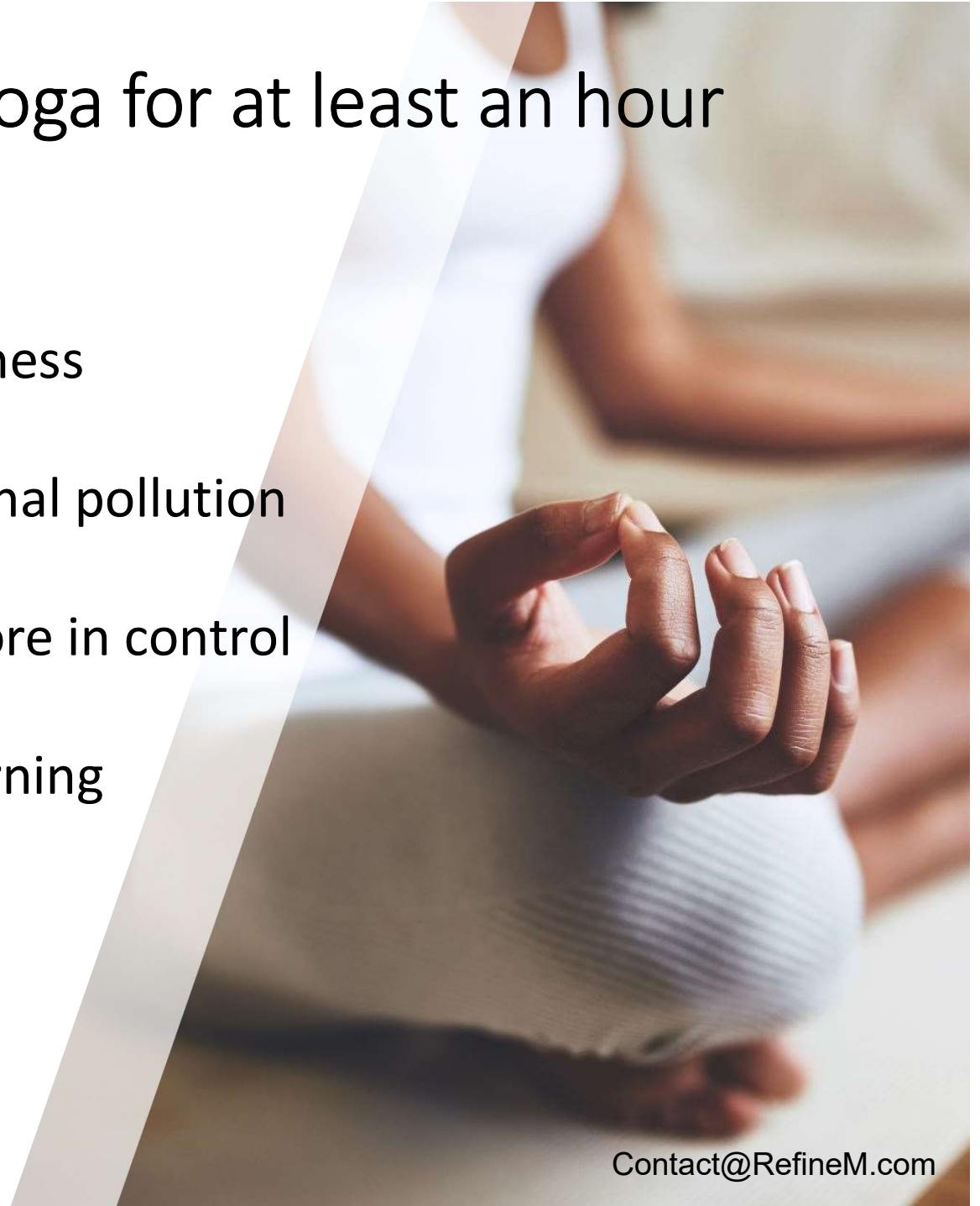
2. Limit News Intake

- No more than 30 minutes a day

- Most news is negative

- Contributes to anxiety/stress

- Best time – Evenings/after work

- Worst time – Early morning/
  Late night

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3. Listen to Inspiring or Funny Content

- As much as you want

- Uplifts mood

- Helps uplift emotions

- Best time – Any time

- Worst time - None

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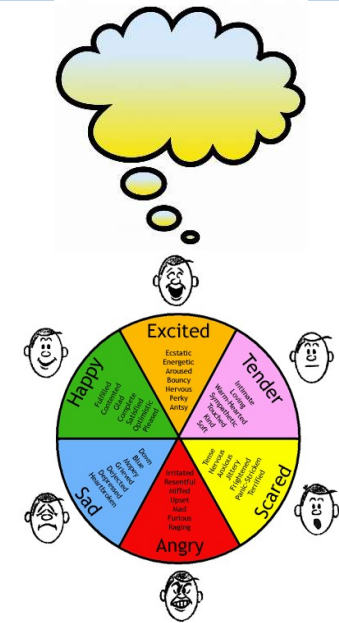
4. Focus on Work/ Professional Growth

- At least 8 hours a day

- More remote learning is now available

- Sharpen skills/ Learn new skills/ Certification

- Best time – Majority of the workday

- Worst time – None

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5. Using Social Media to Stay Connected

- Connect with family and friends

- No "gossip"

- Best time – Evenings, 5-8pm

- Worst time - Mornings

Thought Patterns

Thoughts come to mind.

Example: I passed the PMP® Exam!

Thoughts leads to **feelings**, which can trigger new **thoughts**.

Example: I'm happy about passing/upset about not passing.

Feelings trigger **action**, which can trigger new **thoughts** and worldview.

*Example: I'm so happy I will jump for joy!*

Repeated action creates **behavior**, which molds personality over time. It also feeds back into triggering new **thoughts**.

Example: This person is very positive all the time.

Weekday Schedule

Time/ Duration	Activity
5:30 AM	Good Morning
6:00 AM - 7:15 AM	Yoga/Meditation/Exercise
7:15 AM - 7:45 AM	30 minutes walk
8:00 AM - 6:00 PM	Office Work (with breaks)
6:00 PM - 6:30 PM	News
6:30 PM - 8:00 PM	Dinner, Fun Stuff, Social Media
8:00 PM - 8:30 PM	Spend time with my son
8:30 PM - 9:00 PM	30 minutes walk
9:00 PM - 10:00 PM	Connect with remote family & friends
10:00 PM - 10:30 PM	Work plan for the next day
10:30 PM	Good Night
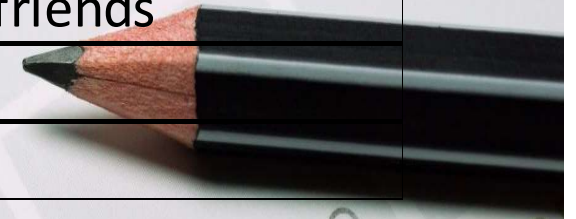
Conclusion

1. There is increased emotional pollution around us due to COVID-19

2. In addition to stay physically healthy we need to stay emotionally and mentally healthy too.

3. Use 5-point strategy mentioned in this webinar to stay emotionally and mentally healthy.

Remember, it starts with you

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Questions?

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Next Lunch and Learn

- ***Roadmap for Project Managers to Transition to Agile***
  - ✓How to go from Project Management to Agile?
  - ✓What roles are a good map between the two?
  - ✓What does the roadmap look like?

- ***Wednesday, July 1, 12:00-1:00 PM Central***

Register Today - Don't wait for the last Minute

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Next Training Courses

**PMP® Exam Prep
July 6-9, 2020**
$795 until June 22,
$1,100 afterwards

**ACP® Exam Prep
July 20-22, 2020**
$600 until July 6,
$750 afterwards

https://refinem.com/pmp-exam-prep-course-public/

https://refinem.com/pmi-acp-exam-prep-course-public/

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How to Earn 1 PDU for this Webinar?

1. **Log in to** ccrs.pmi.org and **Click** on "Report PDUs" link.
2. **Click** "Courses and Training" and **Input** the following:

Activity Name	"Staying Emotionally and Mentally Healthy During COVID-19" *(complete before selecting provider)*
Provider	"RefineM LLC" *(key in the Provider name)*
Date Started	June 3, 2020
Date Completed	June 3, 2020
Contact Person	NK Shrivastava
Contact Phone	(417) 763-6762
Contact Email	Trainings@RefineM.com
PDUs	1.00 Strategic / Business Management.

3. **Check** "I agree this claim is accurate" box and then **Submit.**

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Questions?

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Training Opportunities from RefineM

Project Management Virtual Classes	Dates
PMP® Exam Prep	Jul 06-09, Aug 03-06
Recipe to Deliver Projects Successfully – **Every 1st Friday**	Jul 03, Aug 07
Leadership Skills for Managers	Jun 18, Jul 16

Agile Virtual Classes	Dates
Agile Fundamentals / Agile 101	Jul 20-21, Aug 17-18
PMI-ACP® Exam Prep	Jul 20-22, Aug 17-19
Business Requirements for Agile Projects – **Every 2nd Friday**	Jul 10, Aug 14
Agile for Waterfall/Operational Work – **Every 3rd Friday**	Jun 19, Jul 17
Backlog Grooming for Agile Requirements – **Every 4th Friday**	Jun 26, Jul 24
Kanban Fundamentals / Kanban 101	Jul 31

All Q2 2020 classes are now over the Web. Click here for more details.

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