

Hello friend,

We have all been through a lot this year already. Our world feels turned upside down. In the midst of this upheaval, He led us to create this resource to help you find your footing again.

Consider this your 2020 mini-debriefing guide. You can complete all of it or just the parts that stand out to you. You can do it alone or with a good listener (we recommend both). And we would love it if you shared this guide with your friends too.

We are here for you. May His richest blessings be on you as you journey with Him through this guide,

Sherri Dodd & Melissa Chaplin



P.S. Although these questions have great value on their own, you may desire a coach with whom to process them more fully. If you do not already have a coach and would like to try out coaching with a free session, "contact us" at www.AdvanceGlobalCoaching.com or click on our names above.



Processing Emotions through Memories

Nearly all of us have experienced—to varying degrees—upheaval, grief, and uncertainty caused by the current pandemic. Debriefing your thoughts and emotions in this time is critical to maintaining mental, emotional, and spiritual health. Ask Him to give you wisdom as you explore the following questions.

When you think about the first time you heard about COVID-19 until now, what memories most noticeably bubble up to the surface for you?

Mark the three that stand out to you the most or hold the most emotion.

As you consider these memories that you marked, what makes each of them stand out to you?

What emotions do you experience when you think about each of those memories? (In case it is helpful, some basic emotions include: sadness, anger, fear, disgust, surprise, and happiness. Or consider looking up an “Emotional Wheel” to find the word(s) that best describe your emotions.)

Now imagine that you reached a place where you said to a friend, “I was experiencing some challenging emotions, but now I have a sense of peace.” Your friend asks you what you did to process the emotions so well. What would you tell him or her?



Considering your response to the previous question, what are some possible steps forward?

Mark the one that you'd like to try first.

With that marked item in mind, what difference would it make for you to process your emotions in this way?

When you look at your upcoming week, when do you want to try out this option?

With whom could you further explore these memories and emotions as well as share the insights you gleaned from this process?



Exploring Losses

Our modern pandemic has brought loss in some form to all of us. You may be experiencing tangible losses which can include everything from the loss of in-person connections with loved ones and being in your host culture to the loss of needed supplies and the ability to travel. You may be experiencing intangible losses such as the loss of a sense of purpose, the ability to plan, or momentum. Exploring the losses you are experiencing as well as the emotions they generate is vital to reaching and maintaining well-being now and into the future. Ask Him to guide you as you explore the following questions.

What losses have you experienced this year? (If it is helpful to list all of them, feel free to do so. If you would like to list only the handful that are most prominent, give yourself freedom to do that.)

What hopes did you have for the rest of this year that will now not be realized?

As you consider the two previous questions, mark the losses that have been most difficult or painful for you.

As you consider these marked losses, what did each of these items that you lost mean to you?



What emotions do you have when you consider these losses? (In case it is helpful, some basic emotions include: sadness, anger, fear, disgust, surprise, and happiness. Or consider looking up an “Emotional Wheel” to find the word(s) that best describe your emotions.)

What would help you to express these emotions or process them well?

What would need to be true for you to reach a sense of resolution of these emotions?

What might be some possible steps forward?

With whom can you share these losses as well as the insights you gained from this exploration?



Stewarding Control

In a season when many things feel out of control, we are still called to steward that which is in our control. The questions that follow provide a short but powerful exercise in releasing to Him what we cannot carry and accepting responsibility where applicable. Ask Him to give you wisdom as you consider the following questions.

What are things over which I currently have no control?

How will I release these things to Him?

What are the things over which I do have control?

How is He leading me to steward these things?

What next steps do I want to commit to do?



Daily Debrief

In the midst of challenging and changing circumstances, it is helpful to pause and understand how your experiences are shaping you as well as how to move forward well. Use these questions as often as you need to process your experiences. Ask Him to guide you each time you explore the following questions.

What happened today?

How did I respond? What thoughts did I have?

What impact did today's events have on me? What emotions did I experience? What perceptions were shaped?

What, if anything, do I need to do to maintain well-being?

How do I want to respond in similar situations in the future?

With whom can I share this story and conclusion?



Oxygen Mask Exploration

Flight attendant announcements have long included the admonition to put on your own oxygen mask prior to aiding another. In this season of COVID-19, we too need to put on our own “oxygen mask” to maintain well-being and to be able to serve others well. Following is a guided thought exploration to do just that. Ask Him to give you wisdom as you consider the following questions.

When you think about COVID-19 and its effects on your life, what has caused you the most stress?

If the way that you *want* to be handling this stress could be put into one word, what would you want that word to be? What is significant to you about this word?

What would have to be true in your daily life for you to reach the place of saying that the way you were handling stress was _____ (the one word you chose)?

What habits would support you in reaching your one word?



Below are some additional ideas that have been found to support well-being. As you read through this list, consider which of these ideas, if any, could also help you reach your one word.

HABITS THAT HAVE BEEN FOUND TO SUPPORT WELL-BEING

- Listen to calming music that you enjoy • Exhale longer than you inhale
- Truth-based mindfulness practices • Exercise • Be deliberately kind to another
 - Write down three new things for which you are thankful before sleep
 - Write about a positive experience for twenty minutes once each week
 - Journal your emotions • Get adequate sleep • Spend time in nature
- Read the Scripture for personal connection with Him at least four times a week
 - Speak Truth in suffering and have a solid theology of suffering
 - Be intentional about news exposure

Of the ideas from this above list that you think would help you to reach your one word, what would you tweak about each to make them the most effective for you?

Considering your responses to the previous questions on this page and the page prior, what is your next step? When will you start?

With whom could you further explore this topic as well as share the insights you gleaned from this process?



Visioning

"What's next?" "How does He desire me to respond in this situation?" Allow Him to use this guided reflection to give you vision and hope for this time of challenge and beyond. Begin by asking Him to open your eyes, your mind, and your heart to Him and His leading as you consider the following big picture questions.

Imagine getting to the end of this time of COVID-19 (social distancing, quarantining, etc.) and being so thankful for what He did in that time. What would have to happen during this time for that to be true?

Additionally, let's assume hypothetically for a moment that this time of COVID-19 (social distancing, quarantining, etc.) was the best launching pad for you into the next season. What would have to happen during this time for that to be the case?

What are the top three values that you want to live by in this season of COVID-19? What makes each value important to you?

What kind of person do you aspire to be in this pandemic and its aftermath?



What else, if anything, has He put on your heart as a focus for this current season?

Considering all of your previous responses, what might be some possible steps forward?

Mark those that you want to commit to do and jot down when you hope to do them.

How will each of your gifts and strengths support you in taking these steps forward?

With whom could you further explore this topic as well as share the insights you gleaned from this process?

As we bring this 2020 mini-debriefing guide to a close, we hope that He drew your heart closer to His, gave you clarity on your next steps, and filled you with a renewed sense of hope.

If you found this mini-debriefing guide helpful, please do share it with a friend. We'd love for it to bless more people!

And we'd love to hear from you. How did He work in your life through this guide? Drop us a line by clicking our names below or "contact us" at www.AdvanceGlobalCoaching.com or www.ReturningWell.com.

We are thankful for you. Many blessings in Him,

Sherri Dodd & Melissa Chaplin

