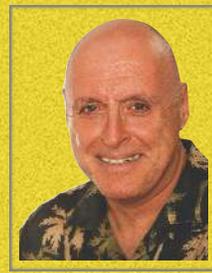


THE EXTRA POINT

BY JERRY ROBERTS



541 Control the Things You Can Control

When dealing with an issue as complex and as scary as the Sars Cov2, the coronavirus that has thrown the entire world into disaster mode, it's sometimes hard to keep focused on what will actually be beneficial. I'm Jerry Roberts and let's make sure we're focused on the right stuff. That's next on The Extra Point.

I can't recall any time in my life when people have been confronted with anything as confusing as this virus. It's confusing enough if you follow mainstream media, but it gets downright strange when you factor in social media.

The endless claims, counter-claims, barking at each other along political lines, and then those who continue to say it's not as big a deal as the doctors and scientists make it out to be.

There have been some positive elements to how social media has dealt with the virus issues, but for the most part I think social distancing should include a fair amount of social media distancing.

Well okay, if we're not going to hang out on Facebook or spend the day with Netflix or Hulu, what can we do?

1. Get outside for 15-30 minutes every day for fresh air. Sunlight gives us Vitamin D and that's an important part of strengthening our immune system.
2. At least occasionally, make this family time. Play a game, pick up things in the yard, maybe plant something. Who knows, by the time it's ready to harvest, perhaps we'll have a treatment for the virus to minimize its danger. A vaccine will take longer, but we could see a breakthrough that helps to control it better.
3. Call the people you work with. If you're a manager and your place of business is closed, and you haven't yet touched base with the people on your team, do it now. Even if you think they don't need it or want it, do it anyway. You

don't want workers thinking, "We were out for X-number of weeks and he/she never called to see how I was."

4. You don't have to be a manager to make these calls. If you spend 2,000 hours a year in the presence of another human being — which is 50 weeks times 40 hours — then you don't have to be shy about checking in with them. You can ask three basic questions and end up with a good conversation in most cases.

- a. How are you and is there anything I can do to help?
- b. How do you feel about what's going on?
- c. Tell me what kind of things you've been doing with your family?

Those three questions should generate a decent phone call, where you both share and feel good about it.

5. Call people you haven't spoken with in ages. Most of us have a ton of people who fit in that category. This is the time to reach out.

What relationships will you be able to renew or even rebuild? You might be amazed at what can happen if you just start calling people.

There may be difficult days ahead but we're making progress by staying focused and doing the little things that give us our best chance to succeed. Control the things you can control.

That's The Extra Point. Stay home and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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