



# Crisis Curriculum: **THE IMPORTANCE OF SETTING PRIORITIES**






# POSTTRAUMATIC GROWTH

Posttraumatic growth describes the experience of individuals whose development, at least in some areas, has surpassed what was present before the struggle with crises occurred. The individual has not only survived, but has experienced changes that are viewed as important, and that go beyond what was the previous status quo. Posttraumatic growth is not simply a return to baseline – it is an experience of improvement that for some persons is deeply profound.\*

\*Calhoun, Lawrence. Tedeschi, Richard. Posttraumatic Growth: Conceptual Foundations and Empirical Evidence. Psychological Inquiry. 2004, Vol.15. No. 1, 1-18



The background of the slide is a dense field of dark blue umbrellas, all open and viewed from above. In the center-right of the frame, one umbrella stands out as it is a vibrant teal color. The umbrellas are arranged in a way that creates a sense of depth and repetition, with their ribs and canopies creating a complex geometric pattern.

One of the hallmarks of crisis is that the status quo is untenable. Change cannot be avoided, nor can everything be preserved.

Parfet/Solomon, *FastCompany*, March 23, 2020



# PRIORITIES ARE A LIFELINE

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Priorities are useful  
all the time, but in a crisis,  
they will save your life





# PRIORITIES, NOT GOALS



## PRIORITIES ARE...

- Aspirational
- Guideposts
- An anchor
- Tied to inner experience



## PRIORITIES ARE NOT...

- Goals
- Tied to outcomes
- A “to-do” list
- A strategy
- Tangible
- Action items







# PRIORITIES ARE ABOUT CULTIVATING MEANING

**How will you feel about yourself  
regardless of the outcome?**

Assigning meaning is  
what validates the  
experience and allows  
you to grow.



# PRIORITIES INVOLVE TRADEOFFS

- Choices have opportunity costs, things you give up
- You can't successfully have 10 priorities.







Connection

Minimize  
feeling  
overwhelmed

Adaptability

**PRIORITIES: EXAMPLES**



# QUESTIONS TO ASK

- To what do you aspire during this crisis?
- What is most important to preserve?
- What traits do you want to display?
- If you look back in ten years, what will make you feel like you managed the crisis well?
- Are there particular morals or principles that feel important to uphold?
- What key relationships do you want to protect?
- What would make you feel proud even if the crisis ends badly for you?

Who matters?

What matters?

What can I control?

Meaning?

How can I grow?



# GROUP PRIORITIES ARE A TEAM EFFORT



- Priorities are guideposts for decisions and behavior.
- Operationalize them as a part of a core crisis curriculum.
- Utilize your existing toolkit to develop short daily and weekly activities centered around the priorities.

