



STABILITY - *the ability to withstand force or stress without being distorted, dislodged, or damaged (firm, steadfast, reliable, dependable, unwavering, consistent, order, permanence).*

In crisis, change is inevitable, painful, and often messy. Stability is a way of creating order for ourselves and the people around us by being dependable, levelheaded, and grounded.

QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of stability.
- What does it mean to be stable during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied stability?
- How can stability guide your decision-making?
- Who or what does this priority serve? How does it help?
- Imagine yourself in a situation where you are being stable. What does that feel/sound/look like?

INDIVIDUAL CONSIDERATIONS

Stability is both an inner quality of stress management and an external quality of presence. It requires self-discipline and a commitment to being consistent, measured, and dependable for others.

LEADERSHIP CONSIDERATIONS

Leaders must balance the disruption and change that arises from crisis with the need for predictability and structure. Process is the most effective way to maintain stability and create order in times of chaos.

EXPLORING STABILITY

Write one sentence every day about stability.

Use “stability” as a mantra while you work out, do dishes, or in the shower.

Close your eyes and imagine objects that are stable.