



Self Care Writing the Book

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We set our monthly topic calendar, for the newsletter, nearly a year ahead. It's only by coincidence that the self-help topic aligned with the pandemic. We at TLG couldn't think of a timelier subject.

As the CEO I always have the opportunity to write a piece for the newsletter. My first reaction to self-help, today, was to think about a book that I have read in the past that would describe how people are doing and feeling. My personal epiphany is that there are no books that describe what is happening today.

WE ARE WRITING THE BOOK.

How we personally and collectively respond to this crisis will, in many ways, define each of us and our generation. Since I have been around for a while.... quite a while.... there most certainly have been other points in time that could represent moments of definition. 9/11, the moonshot, and Martin Luther King's *I have a Dream* speech come to mind. Some have compared World War II to the Pandemic. It was a time when Americans and their allies came together.

Yet, this might be the first time that the world has come together so poignantly. Technology is a central enabler for us to see and feel what's happening around the world. We felt for the Chinese that were ground zero, and for the Italians and the Spanish that are being hit hard. The big picture is that we all are learning from each other. Globally, the support of one another is not only the right thing to do but it's in our best interest. It's the world's issue. This situation reminds me of the science-fiction movie, *Asteroid*, where the world came together to try to prevent the cataclysmic end to civilization. Yet, that was a movie, and this is a real crisis. It's not the end of the world but the world will be different when the crisis ends.

The Spanish Flu of 1918 killed up to 50 million people and an estimated 1/3 of the world's population became infected. In that era, science, technology, and communication were more primitive, as we all know. Neighbors were still helping neighbors, but the big picture was not instantaneous and available 24/7. I think you would all agree that there has never been a time like the pandemic of 2020. Thus, we are WRITING THE BOOK that generations in the future will look back on and ask how did we respond as a human race.

There are experts on self-help within the TLG family, so far be it for me to prescribe tips for you. Additionally, many of you may be experiencing tip overload at this point. Certainly, there are many people telling us what to think and do. You don't need advice from me. I will suggest that scenario

planning is part of being prepared and when we are prepared to act when something comes, we are less likely to feel stressed and can make better decisions.

This crisis will end and when you and I look back we will be able to reflect on how we performed. Watching news media will scare even the bravest souls but it also will provide hope that there are a lot of great people out there.

There is a story of a doctor in Albany who took to the sewing machine, after his shifts, to sew protective masks, and the kids from Ohio who serenaded, with cellos, the elderly women next door, and the people who adopted the over fifty rescue pets, and the police, fire, and medical community that are risking their health to save others. However, many of us can do more.

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