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## **7 Keys to Navigating a Crisis- A Practical Guide to Emotionally Dealing with Pandemics and Other Disasters**

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### **Abstract:**

During these uncertain times, of the pandemic known as Covid-19, anxiety, stress, and depression are affecting literally hundreds of millions of people across the globe. In my keynote, I will address practical tools that are applicable to both mental health practitioners and their patients, including the proprietary Personal Health Assessment that looks at our Physical, Emotional, Mental and Spiritual selves. Several factors have a direct impact on our level of life satisfaction, peace, and fulfillment, especially during times of great stress. When these mental and emotional principles are in place, our lives can remain centered, productive, and even joyful – the key is awareness of these principles and taking action on making those changes.

The book **7 Keys to Navigating a Crisis: A Practical Guide to Dealing with Pandemics and Other Disasters** provides both principles and “take action exercises” for individuals to learn from, and through their application to ultimately navigate successfully through any crisis.

1. **Self-care** is the ability to become aware of our physical, mental, emotional and spiritual needs. It is a critical starting point in order to thrive during a crisis.
2. **Awareness**, self-reflection and listening to our intuition or inner wisdom are practices that gives us advance notice of what's around the corner. In times of crisis, that information can become a matter of life or death.
3. **Flexibility** allows us to adapt, pivot when needed, and avoid unnecessary pain. Life will never be the same again and the "new normal" will become the actual norm. If we stick to business as usual, we'll be left behind.
4. **Preparation** is key to our survival. Preparation is no longer the exclusive domain for a fringe movement of doomsayers but a necessity for all of us, and the time to begin is now.
5. **Initiative** is required to help us move into action, and we need to consciously choose which type of response we want to take. Let us not be victims, critics or bystanders. Let us become navigators in the journey of our lives!

This work is partly presented at **Webinar** on **32<sup>nd</sup> International Conference on Psychiatry and Mental Health** during **October 5-6, 2020**.

6. **Positive Attitude** filled with faith and hope can help us overcome any situation and obstacle we face. It also helps elevate those around us, as they look for leadership, comfort and a clear vision of how to get through the crisis.
7. **Kindness** is the humanity we show to others, and the greatest blessing in the pandemic has been the countless acts of sacrifice, service, and love shown by ordinary folks doing extraordinary acts of kindness around the world.

### **Biography:**

Dr. Elia Gourgouris Ph.D. is the President and Founder of The Happiness Center – an organization of world leading experts in the field of Positive Psychology, dedicated to creating personal success and happiness. He is the author of the #1 Amazon Best-Selling book, *7 Paths to Lasting Happiness* and the newly released *7 Keys to Navigating a Crisis*. He has published over 120 articles for various newspapers and magazines, including *Thrive Global* and *The Huffington Post*. He is an international Keynote Speaker, Executive Coach and a Leadership Consultant. Dr. Elia graduated from UCLA, and holds a Ph.D. in Clinical Psychology.