# Rebound & Reconnect: Post-Crisis Management Strategies

Activity #1 – Create Space for Sharing

Notes:

**Activity #2 – Identify Your Stress Resources**

1. List your supporters:
2. What institutions and organizations offer you support?
3. What words would you use to describe this support?
4. How do these resources help you in stressful times?

**Activity #3 – Appreciation and Recognition**

Notes:

**Activity #4 – Identify Self-Compassionate Strategies**

1. Advice:
2. Self-talk:
3. Procrastinator type:
4. Redirection strategy:

**Activity #5 – Tools for Time Management**

Notes:

**Activity #6 – Action Plan: Community Connections and Needs**

1. What is changing in your community?
2. What might change a patron’s use of your library?

Notes:

1. Who would benefit from the library?
2. Who would the library like to meet?

Notes:

**Activity #7 – Action Plan: Make a Pitch**

Notes: