

# The Whole Brain® Guide to COVID-19 Social Distancing & Communication

## What:

Use this guide to create a deeper connection with others by leveraging your understanding of their thinking preferences and how those shift under pressure.

## Why:

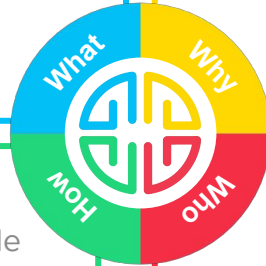
Because better communication and a deeper understanding of the ways others think, especially under pressure, can help navigate in a crisis. Whole Brain® Thinking can help!

## How:

Take the HBDI® assessment. Share your profile with others to understand thinking preferences.  
Use the [Whole Brain® Communication WalkAround](#) to enable better communication under stress.  
Use the [Whole Brain® Stay-at-Home activity guide](#) to find suggestions for how to spend your free time.

## Who:

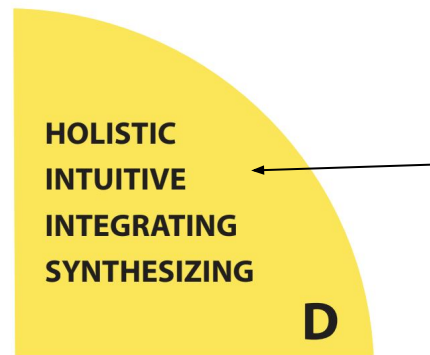
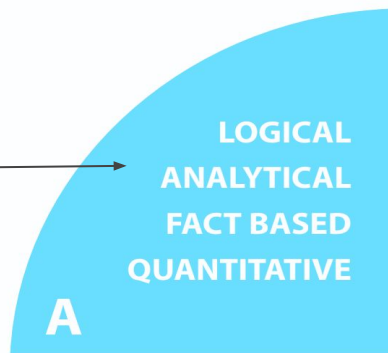
Share these exercises with your friends and family—anyone with whom you want to connect during these difficult times.



The four-color, four-quadrant graphic and Whole Brain® are registered Trademarks of Herrmann Global, LLC

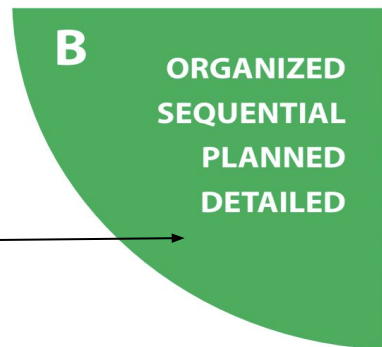
# Whole Brain<sup>®</sup> Thinking Preference Based Stay-at-Home Activity Guide

- Watch a documentary or listen to a podcast on a topic you want to learn more about
- Look up directions for safe, home-based science experiments



- Paint a self-portrait
- Take a solo walk around the neighborhood
- Have a meditation session using a guided app

- Organize a room, closet, or any other space you've been meaning to rearrange
- Create a daily agenda to help make the most of your time



- Video chat a friend or relative
- Create a new playlist of songs to help you de-stress
- Have a game night with those you live with or via online gaming

# Enhance 1:1 Communication with Whole Brain® Thinking

## Tell me the facts!

- Communicate messages that are direct and to the point. No fluff please.
- Present well-articulated ideas in a logical manner.
- Rely on information that is technically/numerically accurate without embellishment.

**BONUS:** Focus on facts and logic.

## Share our dreams!

- Have a conversation about future planning and “big picture.”
- Create a “conceptual framework.”
- Provide space for them to explore their thoughts either verbally or in their own mind.

**BONUS:** Prioritize flexibility, risk-taking and innovation.

## Plan to connect!

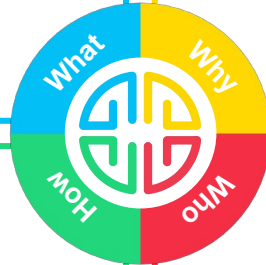
- Focus on providing or developing a well thought out explanation or plan.
- When possible, provide background information.
- Be thorough and reliable.

**BONUS:** Plan, plan, plan.

## Get personal!

- Share how you feel and ask about their emotions.
- Be mindful to express things sensitively.
- Explore artwork and books together.

**BONUS:** Discuss the emotional impact.



The four-color, four-quadrant graphic and Whole Brain® are registered Trademarks of Herrmann Global, LLC