



# EFFECTIVE INTERACTION WITH OTHERS



Human beings have been deprived of in-person social interaction for several months, and learning to re-engage within the many parameters of the new physical space will be a learning process. Boundaries now exist in the physical environment where there previously were none. The pendulum had swung so far to open workspace and collaboration and now it has gone to the opposite end of the spectrum, encouraging people to physically distance from others. Below are some ways to be more cognizant of your interactions to ensure you're as effective as possible when you return to the workplace.

## MAINTAIN SAFE DISTANCES

As was the way of life during the pandemic, it will still be safest to maintain a healthy distance (6 feet) from others. Be mindful when in more common areas like restrooms, lobbies, and break rooms. Take note of new building policies for elevators, personal protective equipment (PPE), way-finding, new direction of foot traffic, etc. Be respectful and compliant of these new policies, as they are put in place for the health of you and others.

## RESPECT OTHERS OPINIONS

Each human being has a right to their own opinions and way of living. It is healthy to expose yourself to varying opinions and perceptions, and to allow yourself and others to come to your own conclusions. It is nobody's responsibility to manage how others perceive this pandemic nor how they choose to live going forward. When people share their opinions with you, it is healthy to inform them if you don't agree but that you respect their perspective. Everyone is learning to live in this new paradigm and mutual respect is crucial to a thriving environment.

## USE DISCERNMENT, NOT JUDGMENT

To be discerning is to use your intuition and insight to determine something. It implies that your perception is involved, and how you see the world will have an affect on your discernment, however it is not being discriminating. Judgment, whether of oneself or others, often takes discrimination into account. Through judging one is placing their thoughts/attitudes on another therefore discriminating. Practicing discernment to express your perspectives can be highly beneficial to self-leadership in addition to how you lead others.

## BE SELF-AWARE

Knowing yourself and your own emotional tendencies can help you respond versus react to the people and environment around you. Projection of our own feelings onto others is an escapist activity. Rather, if you feel irritable, upset or fearful first acknowledge these feelings within then practice self-care, mindfulness or breath work to process emotions and release tension.

## LEAD WITH KINDNESS AND COMPASSION

How you treat yourself is how you treat others. Be gentle with yourself during this time of transition. Set the example and lead yourself and others with kindness and compassion. Everyone is experiencing fear, stress and anxiety during this time. You are not alone.