

A Survival Guide for the Creative Mind

How to mindfully connect, collaborate, and create during a global pandemic.

This Survival Guide was created in response to the current COVID-19 global pandemic. Acknowledging the new and unique challenges of creative work during a pandemic, this Survival Guide aims to highlight mindfulness as a human-centred method within the creative process. Particular attention is directed to the themes of mindful connection, collaboration and creation.

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2 / Connection

How might we demonstrate awareness and compassion in our everyday interactions?

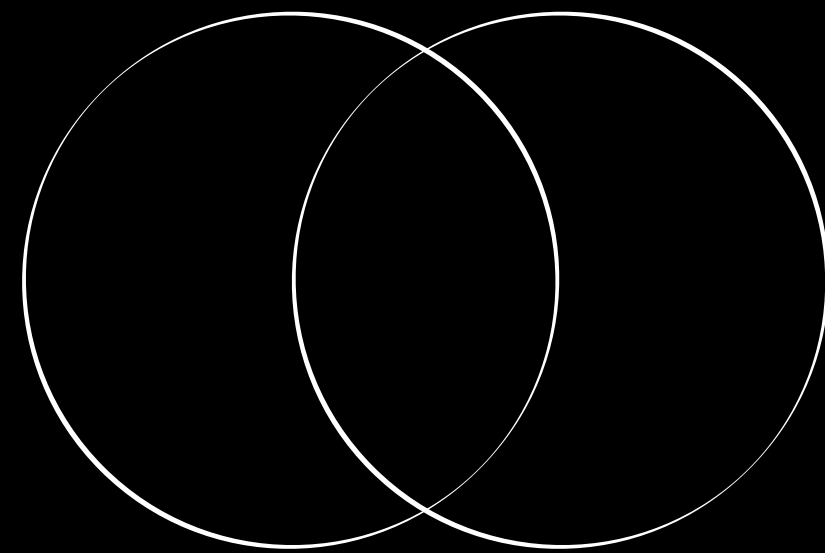
3 / Collaboration

How might we nurture the relationships we have with our peers and our work?

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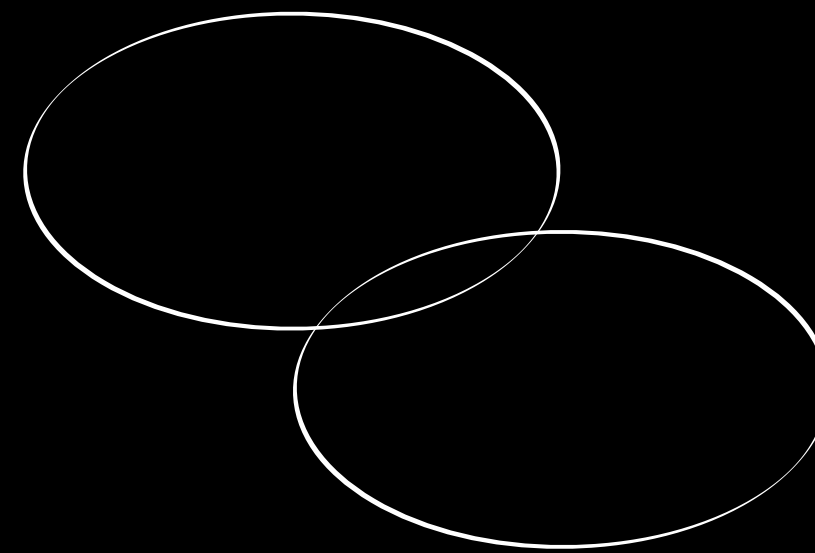
How might we act with curiosity, honesty, intention, and integrity?

Connection



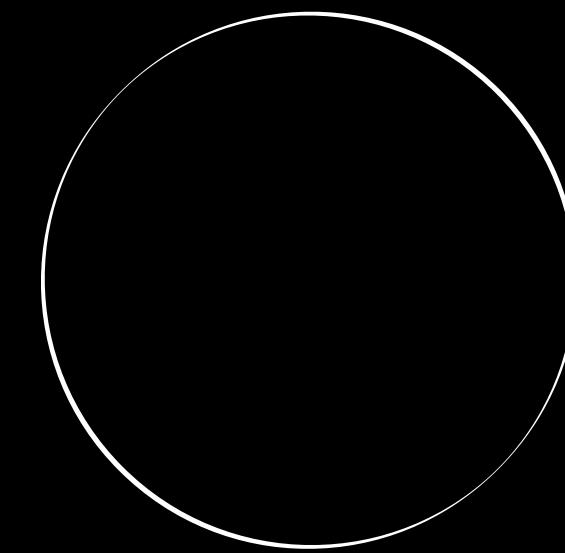
Levels of Awareness
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Principles for Mindful Creation
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Mindfulness

How might we inform, inspire, and empower ourselves and others through mindful practices?

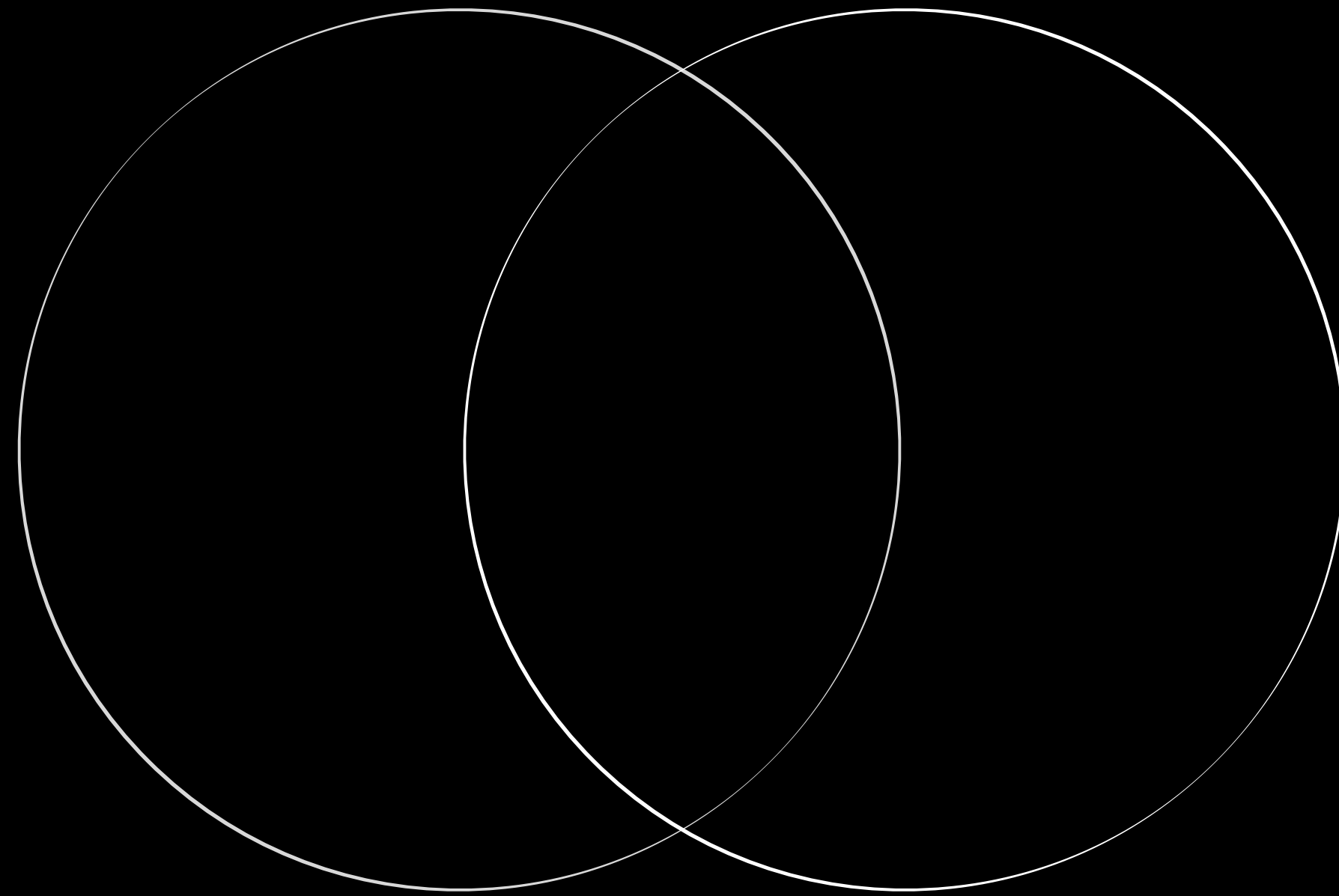
* To be mindful is to direct attention to the present moment—to listen, observe, and bear witness without ~~judgement~~.

* Mindfulness helps us
become aware of our
thoughts, feelings, habits,
and behaviours.

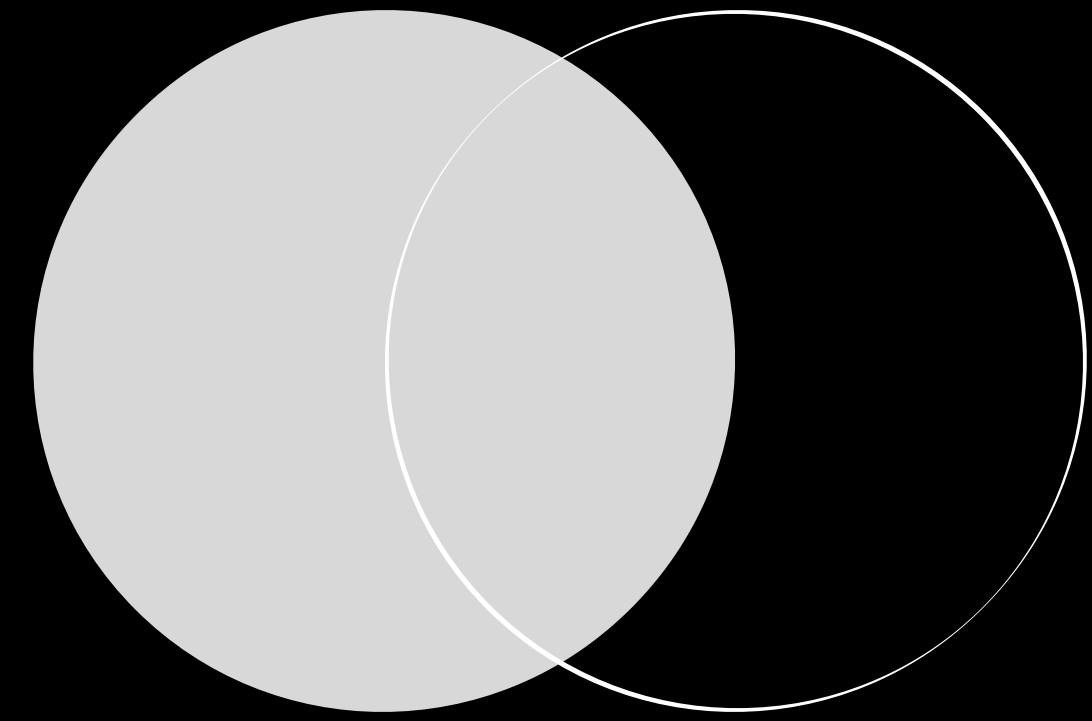
* Mindfulness empowers us
to grow through listening
and by understanding
ourselves and others.

Mindful Connection

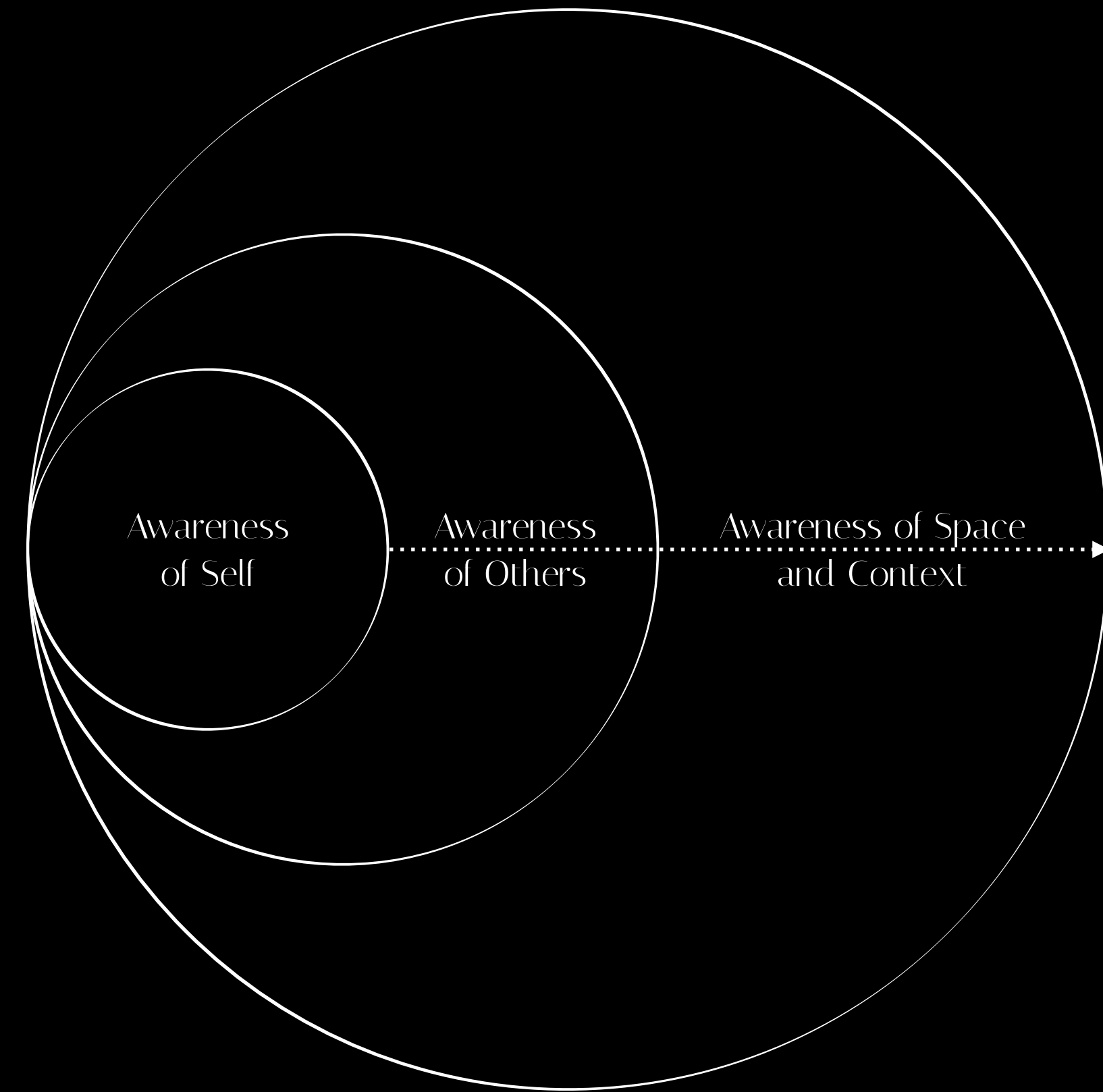
*How might we demonstrate awareness and
compassion in our everyday interactions?*



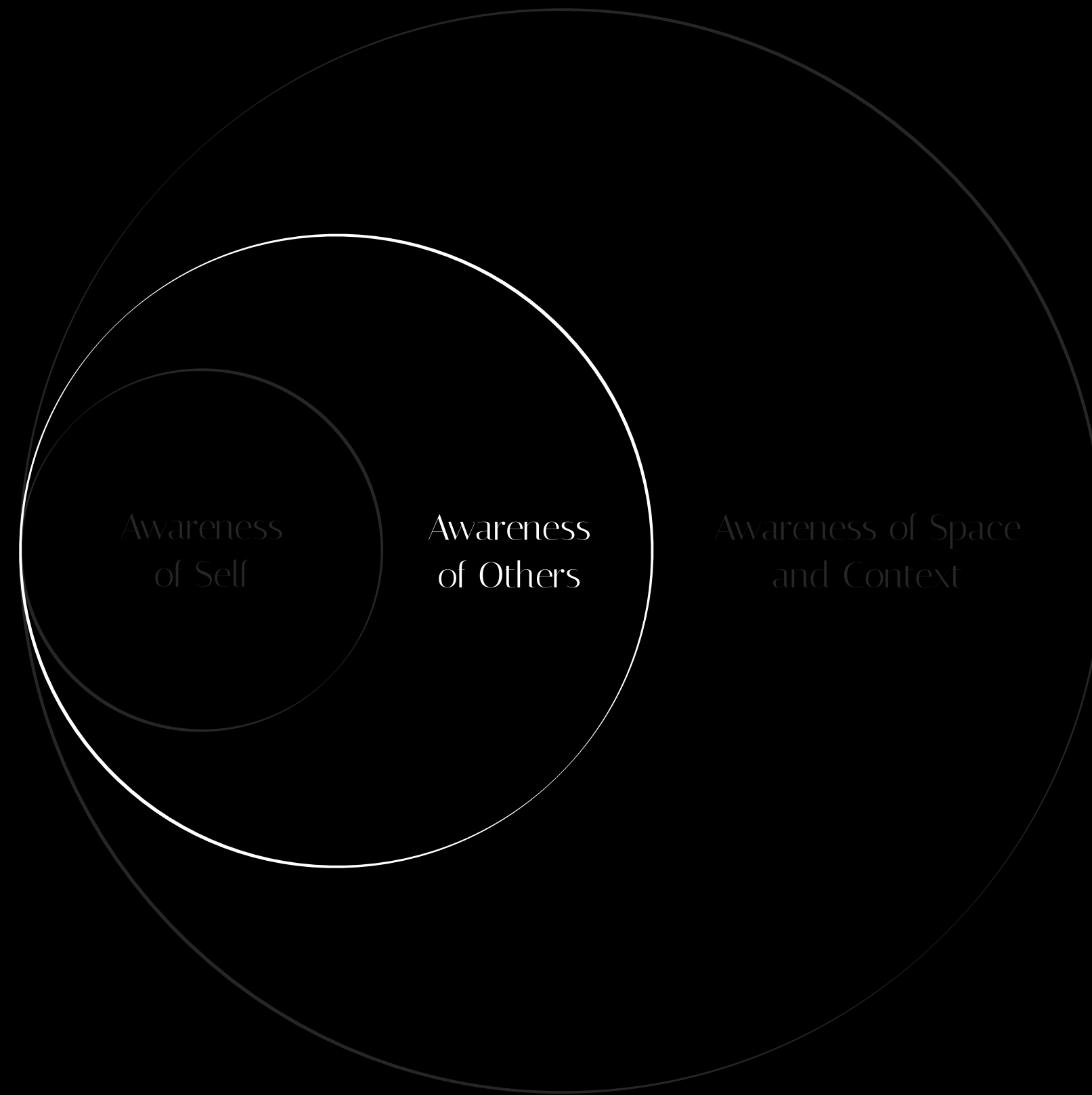
Being able to fully connect with others begins with being deeply connected with yourself.



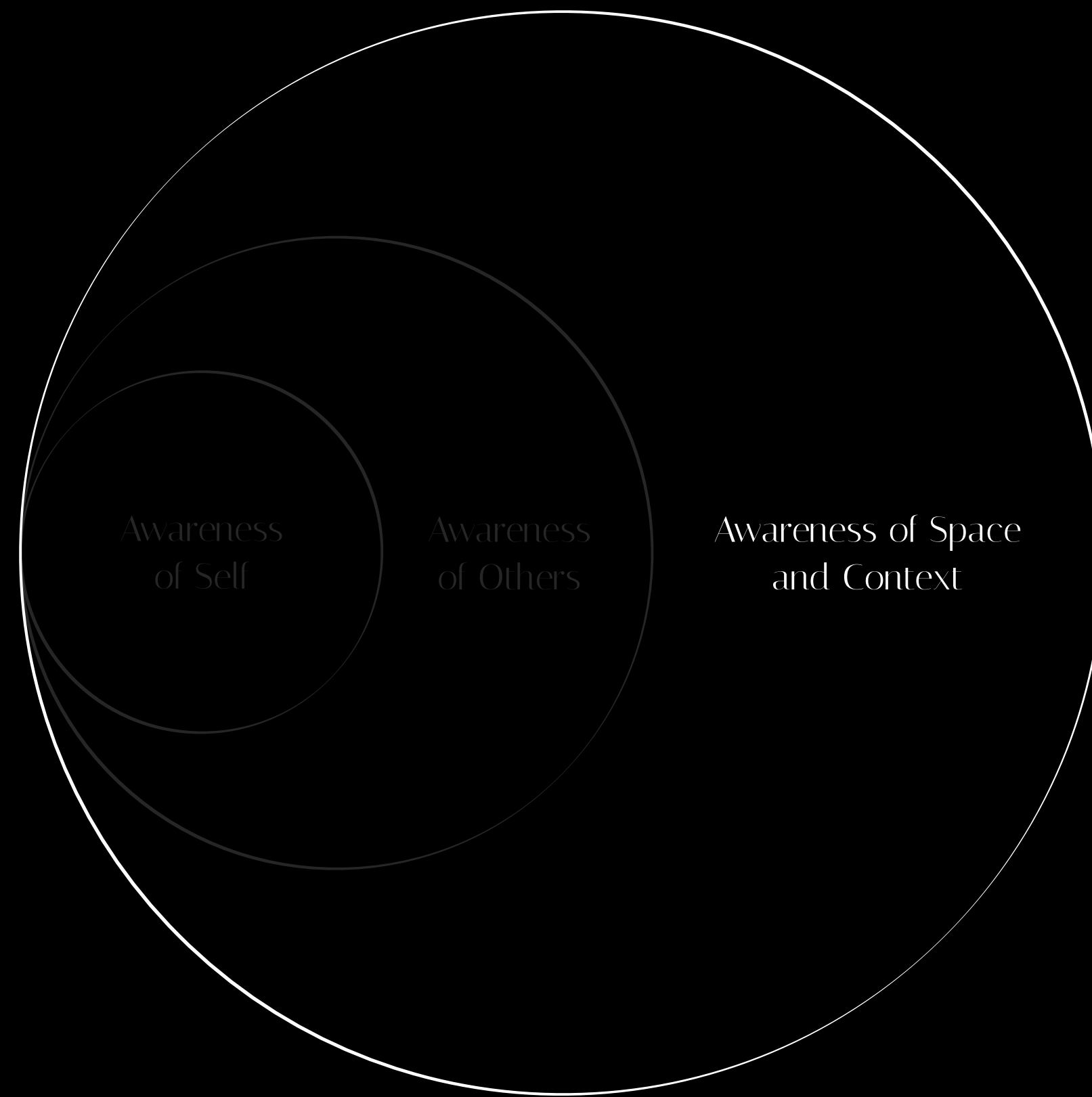
*Awareness begins inwards,
then projects outwards.*







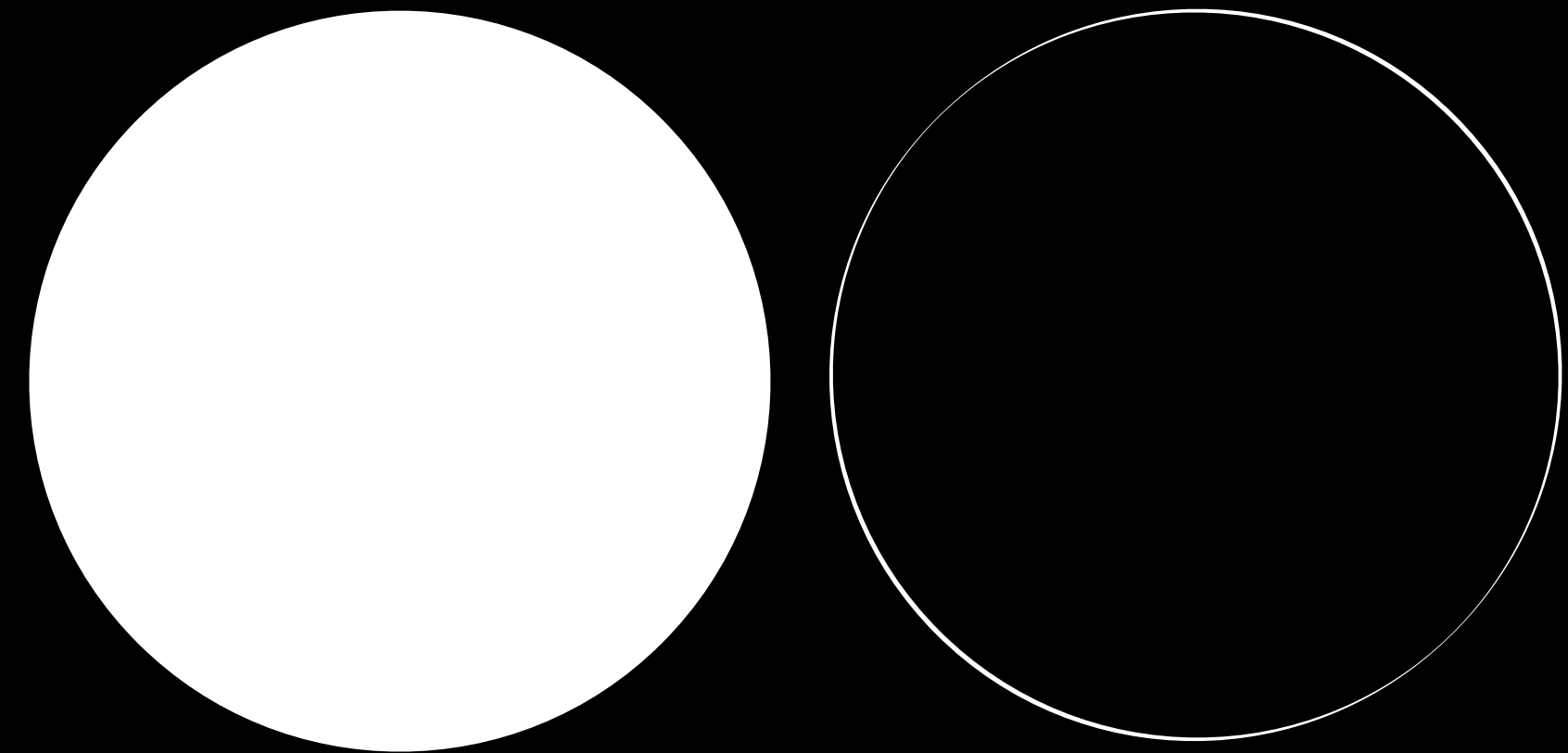
How are your words and actions affecting others or the situation?



How is the environment
or context influencing
how you're responding?

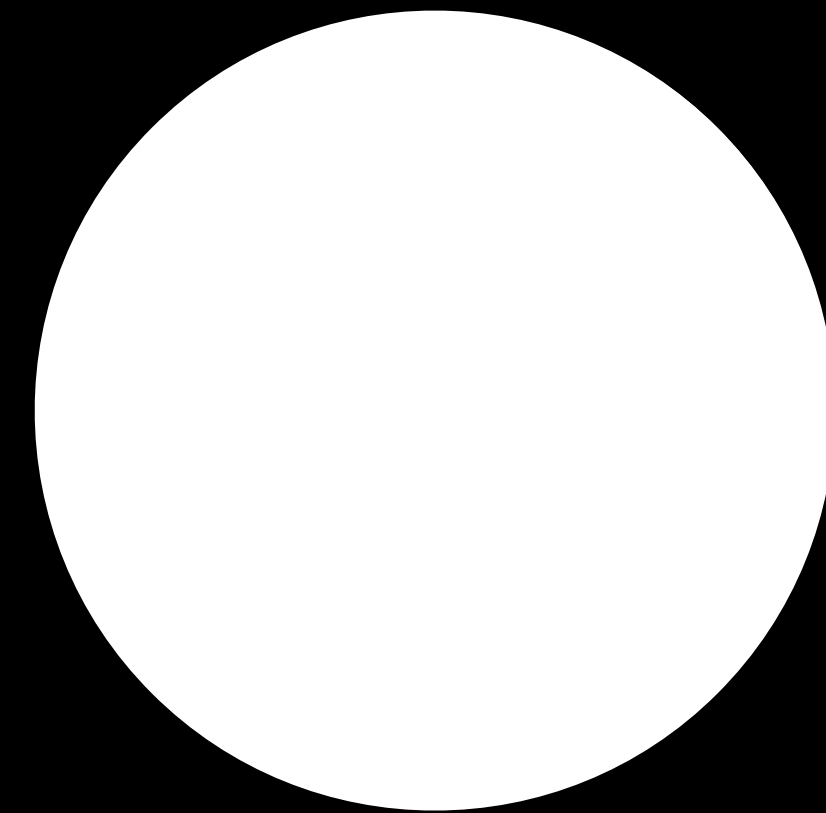
Know the colour of your own lens.

It can be dangerously easy for us to enter interactions with others without fully acknowledging or understanding the significance of our differences.

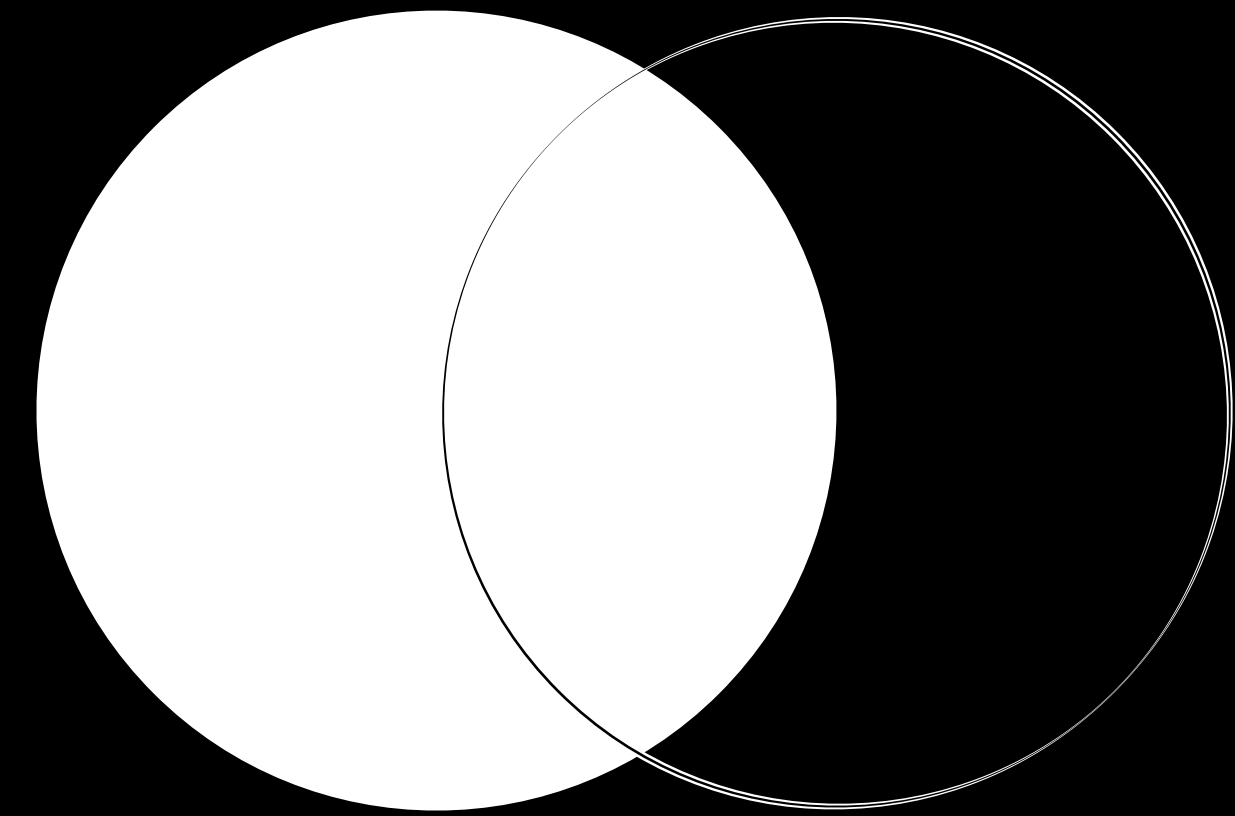


Your truth does not equal another's truth.

When we impose our own perspectives and experiences on another person, we erase theirs. Doing this only interferes with our ability to understand.



Truly connecting with others
begins when we learn to
recognize and appreciate the
validity and uniqueness of our
individual experiences.



We can start by
practicing active listening.

* Active listening demonstrates
an intentional effort to
understand and respond
constructively.

Active listening consists of:

Creating a safe space for someone to speak without fear of judgment.

Asking questions to gain clarity.

Responding kindly and constructively to the needs of another.

During active listening...

Attention is directed completely to the person speaking.

We are not immersed in our own thoughts and opinions nor devising ways to defend or explain ourselves.

During active listening...

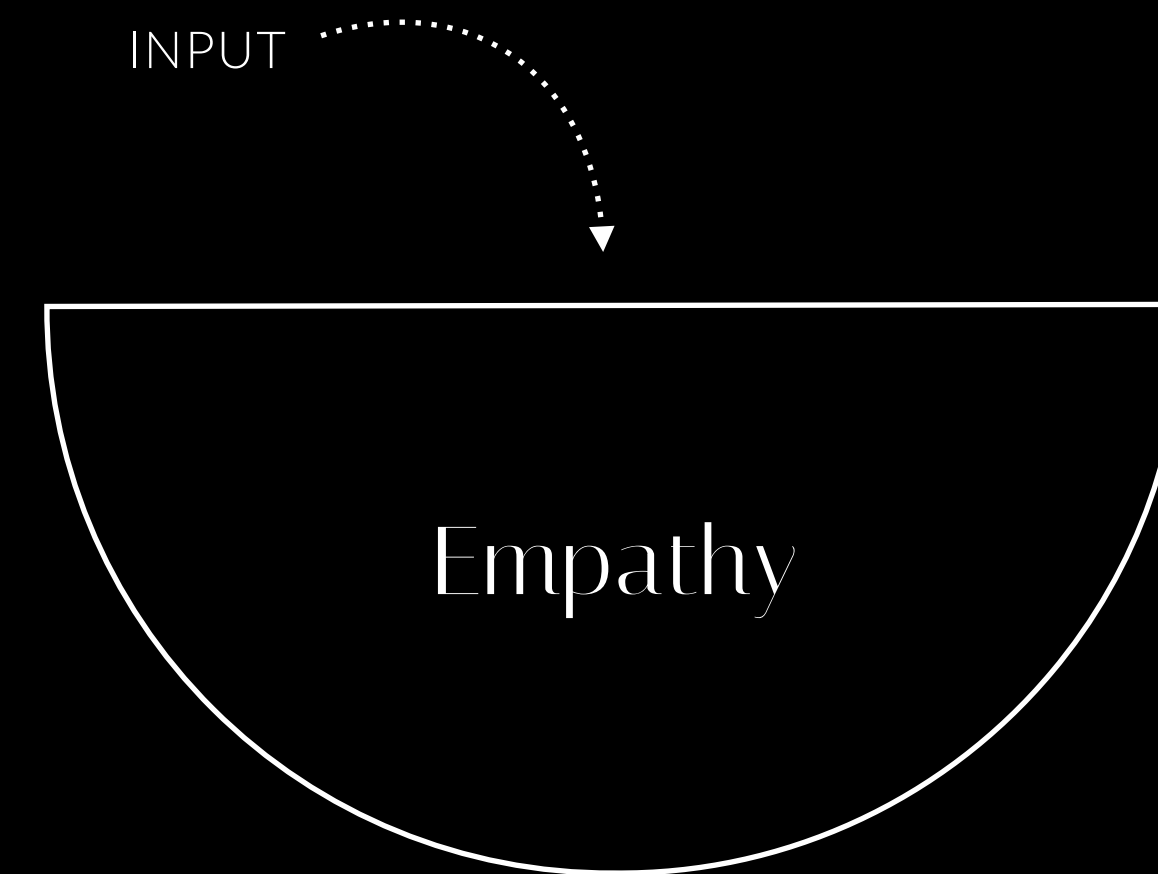
We are only concerned with listening to what the other person is feeling, understanding why that might be, and exploring how we can support them in the ways that they need.

Let's talk about empathy.

Empathy is only half the equation.

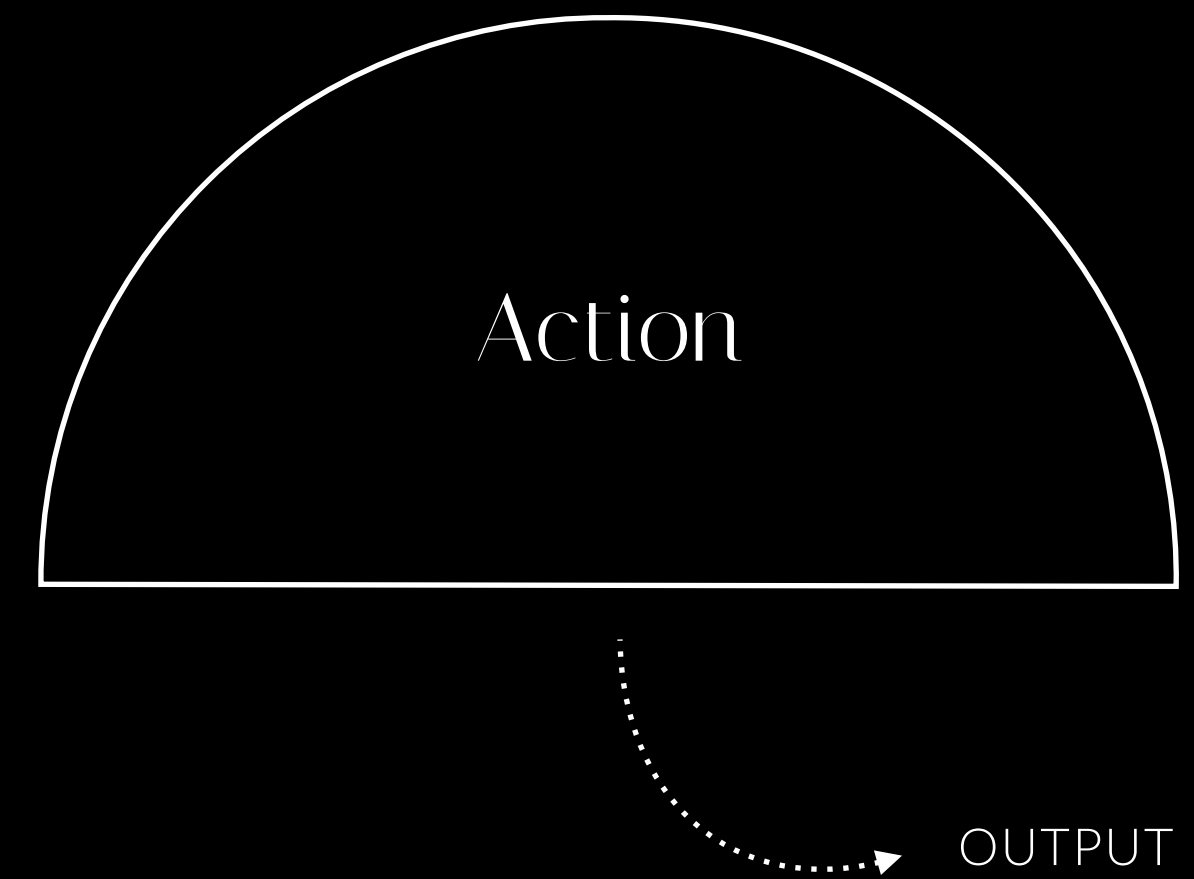
Empathy is a receptive action; it is concerned primarily with the input of information—We want to know “*What is this person thinking? Feeling? Experiencing?*”

Although practicing empathy allows us to better understand people, it often doesn’t push us to go beyond that.

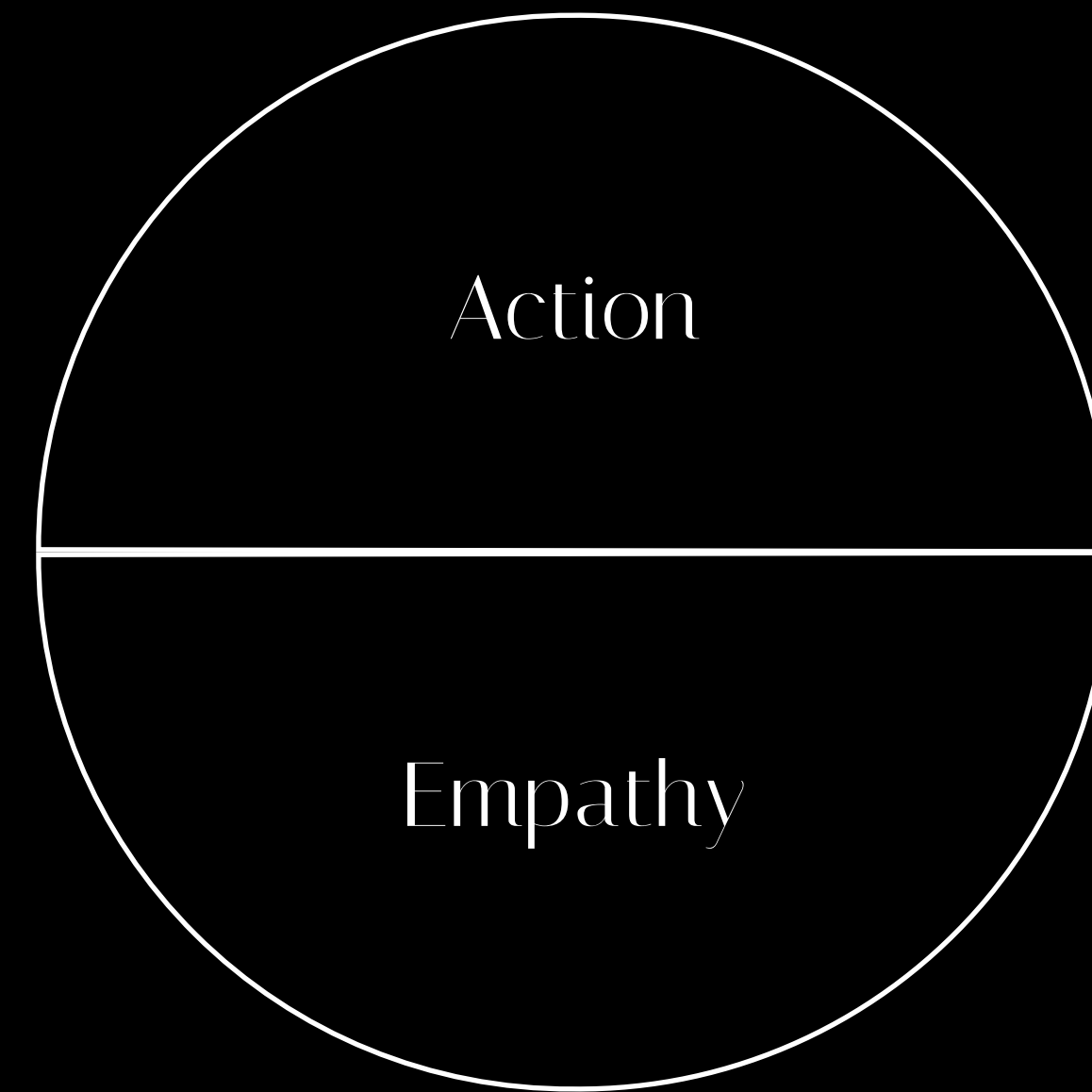


Action is what completes it.

Fuelled by compassion, action is concerned with creating an output—It digests the knowledge that has been gathered and intentionally applies it in ways that will benefit others.



Compassion
compels action.



The difference between empathy and compassion is that

Compassion appeals to our humanity.

Compassion shifts our focus from *“What is this person thinking, feeling, and experiencing?”* to *“What can I do to support this person in what they’re experiencing?”*

To connect meaningfully with others:

Listen actively.

Think mindfully.

Respond kindly.



Mindful Collaboration

*How might we nurture the relationships we have with
our peers and our work?*



Collaboration begins
with communication.

Communication Styles

Four Personality Types Adapted from DiSC Profiles.

Four Personalities

Adapted from DISC Profiles.

The Doer

Places emphasis on accomplishing results and “seeing the big picture.” They are confident, sometimes blunt, outspoken, and demanding.

The Influencer

Places emphasis on influencing or persuading others. They tend to be enthusiastic, optimistic, open, trusting, and energetic.

The Peacekeeper

Places emphasis on cooperation, sincerity, loyalty, and dependability. They are calm, deliberate, and don't like to be rushed.

The Perfectionist

Places emphasis on quality and accuracy, expertise and competency. They enjoy their independence, demand the details, and often fear being wrong.

Effective Communication

The Doer

Be brief, direct, and to the point.
Keep the conversation results-oriented.
Avoid repeating yourself.

The Influencer

Be enthusiastic and friendly.
Show interest in their opinions.
Allow them to finish their thoughts.
Avoid sharing too many details.

The Peacekeeper

Be personal and friendly.
Be clear with what you expect from them.
Avoid sounding confrontational or aggressive.
Provide clarification when needed.

The Perfectionist

Focus on facts and details.
Be patient and persistent.
Minimize pep talk.

Get to know your team. Ask questions:

How would you describe your working style?

How would you describe your communication style?

How do you like to give and receive feedback?

What do you enjoy doing most? Least?

Collaboration 101

Create a shared space that is
dedicated to the team's
priorities and tasks.

Collaboration 101

The Priorities & Tasks Board

Priority & Tasks

Name: _____

Today I'm working on/I need to-do:

- 1.
- 2.
- 3.

Next on my to-do:

- 1.
- 2.
- 3.

You can support me by:

Priority & Tasks
Name: _____
Today I'm working on/I need to-do:
1.
2.
3.
Next on my to-do:
1.
2.
3.
You can support me by:

.....● What needs your immediate attention?

Priority & Tasks	
Name: _____	
Today I'm working on/I need to-do: 1. 2. 3.●
Next on my to-do: 1. 2. 3.●
You can support me by: _____	

What needs your immediate attention?

What will need your attention soon?

Priority & Tasks	
Name: _____	
Today I'm working on/I need to-do: 1. 2. 3.● What needs your immediate attention?
Next on my to-do: 1. 2. 3.● What will need your attention soon?
You can support me by: _____● What do you need in order to succeed?

Priority & Tasks

VENUS

Today I'm working on/I need to-do:

1. Web development for Christine
2. Client emails and follow-up on assets
3. Project timeline walk-through prep

Next on my to-do:

1. UX Strategy and wireframes for SJMA
2. Development timeline for SJMA
3. Design research for Japanese Hall

You can support me by:

Sending dog memes, eat lunch reminder.

Priority & Tasks

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.....● Keeps your teammates in the loop.
Encourages mutual accountability.
Celebrates incremental victories.

Priority & Tasks

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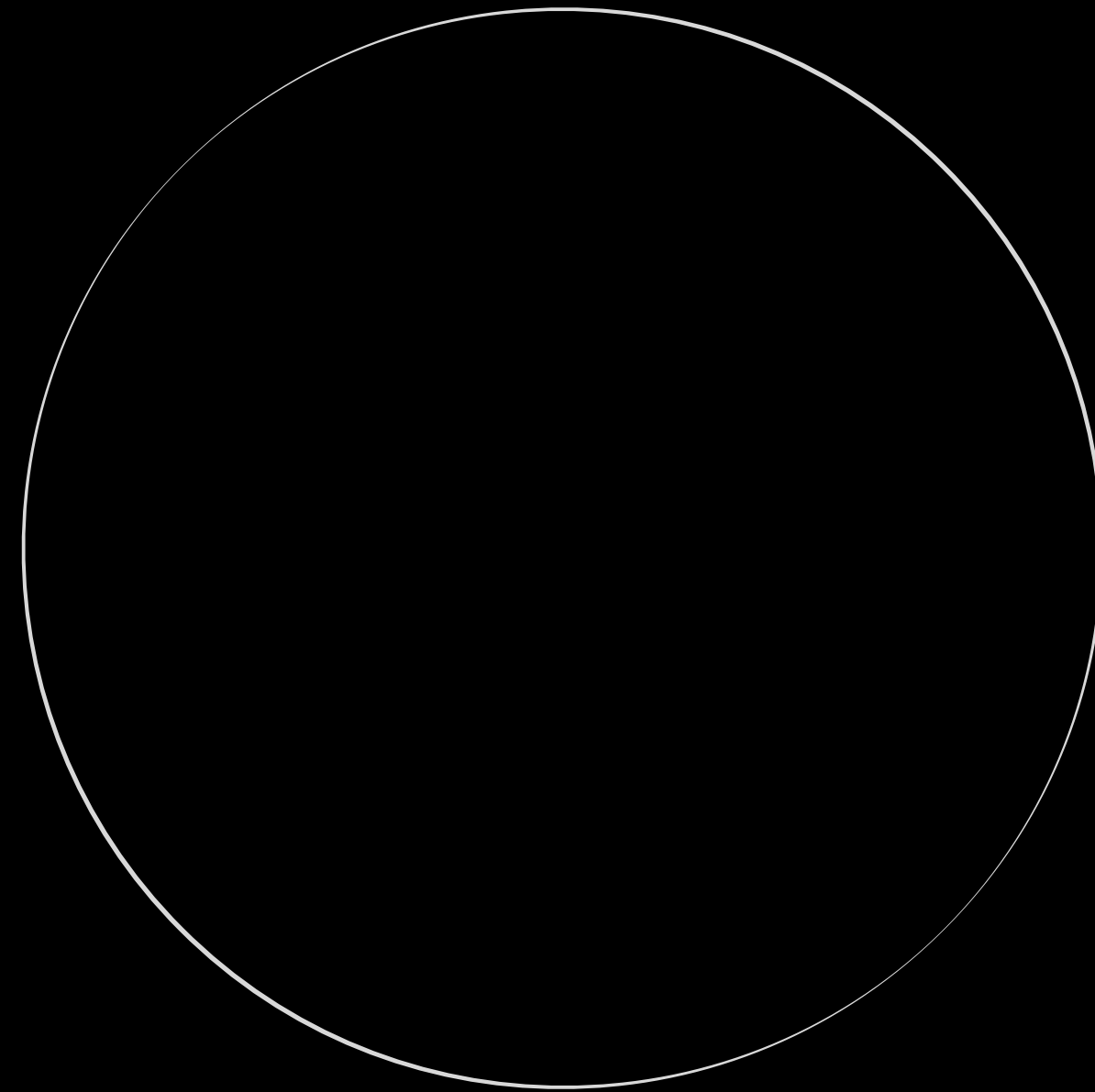
Keeps your teammates in the loop.
Encourages mutual accountability.
Celebrates incremental victories.

Creates a sense of progression.
Alleviates worry and stress.
Generates opportunities for support.



Mindful Creation

*How might we act with curiosity, honesty,
intention, and integrity?*



What are we here for,
if not to create?

And if we are here to
create, how can we
do it well?

Be curious.

Don't just solve the problem that is given to you.

Question and challenge the information that is given to you.

Commit yourself to having conversations and discussions that help you understand.

Be honest.

Question your intentions in times of ambiguity.

Admit when you don't know and acknowledge what you need to do. Then act on it.

Speak up and be the advocate when it just doesn't feel right.

Be intentional.

Decide what deserves your time,
effort, and attention.

Speak, act, and create in ways that
align with your purpose, or that
serves a greater purpose.

Have integrity.

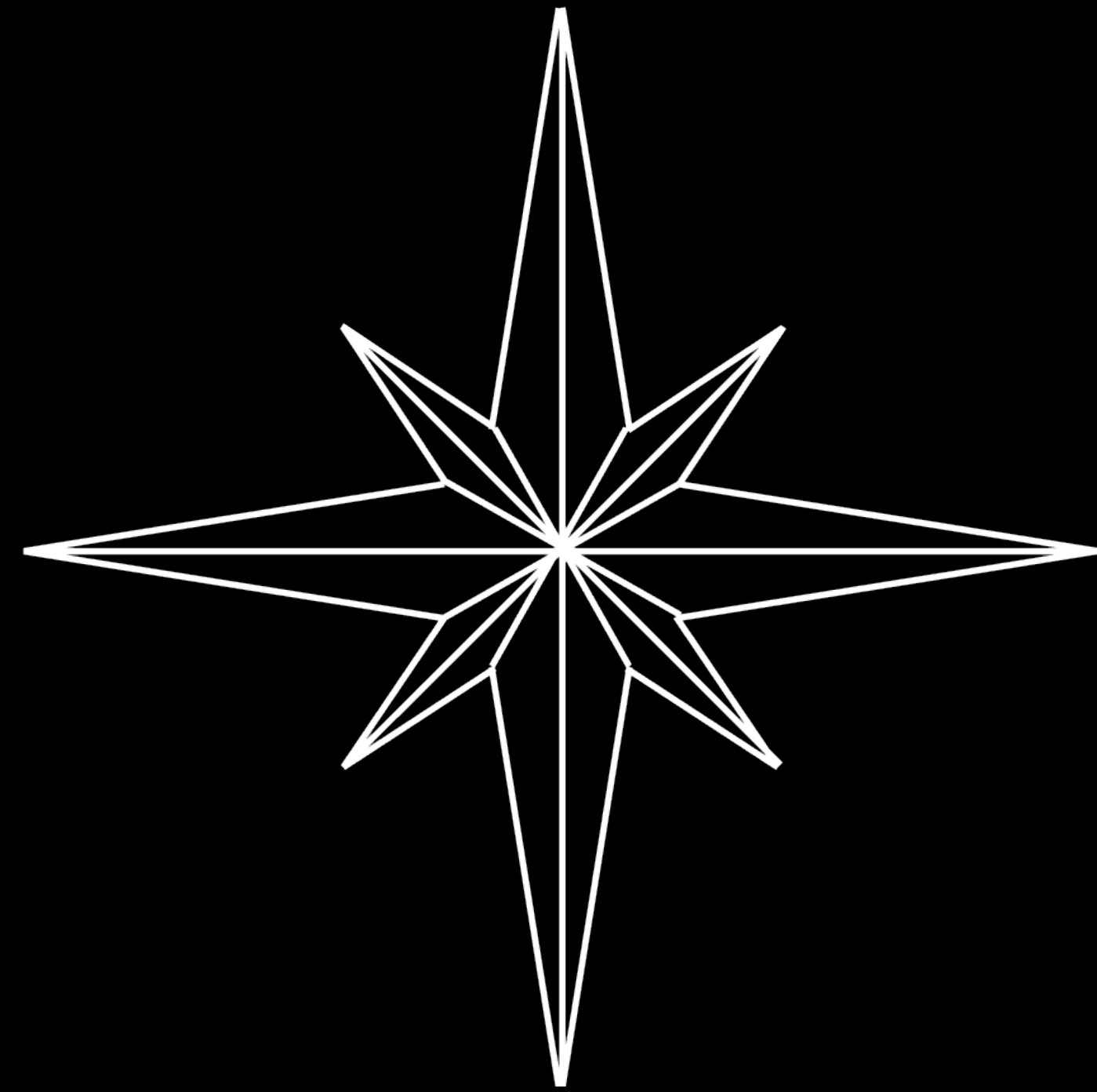
Create a compass for yourself—a set of principles that will guide you.

Be steadfast in the values you have defined for yourself and your work.

Never let greed, selfishness, or jealousy guide your actions.

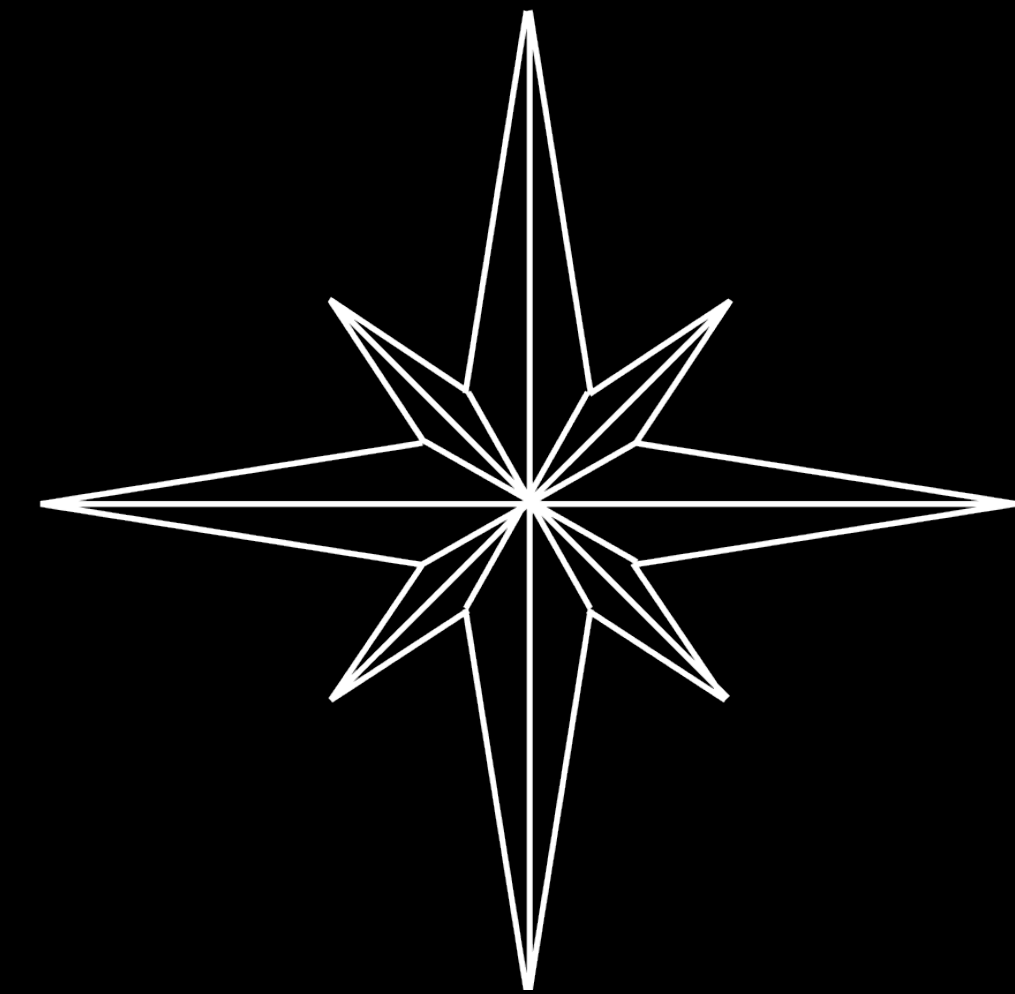
Define your personal compass.

A personal compass is a set of clear,
guiding principles that keep you
grounded in your practice and/or life.



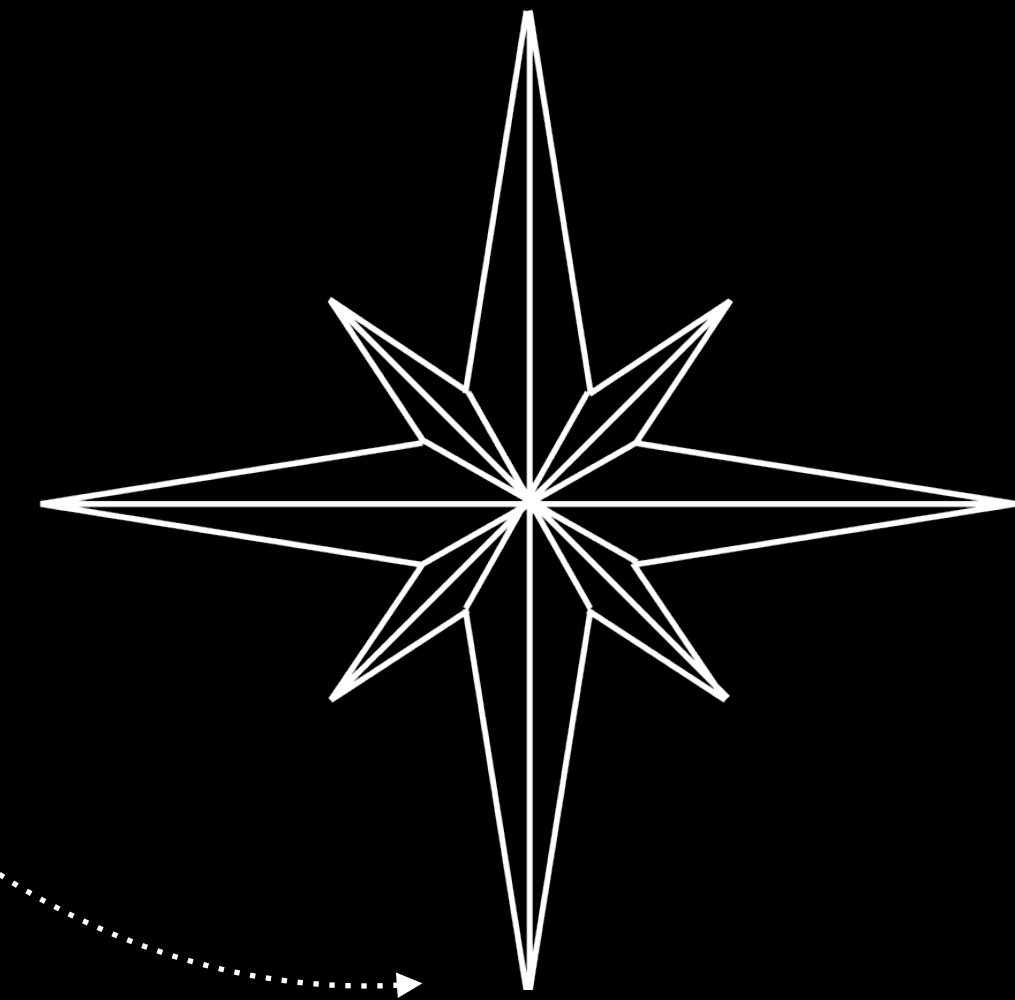
Define your north star.

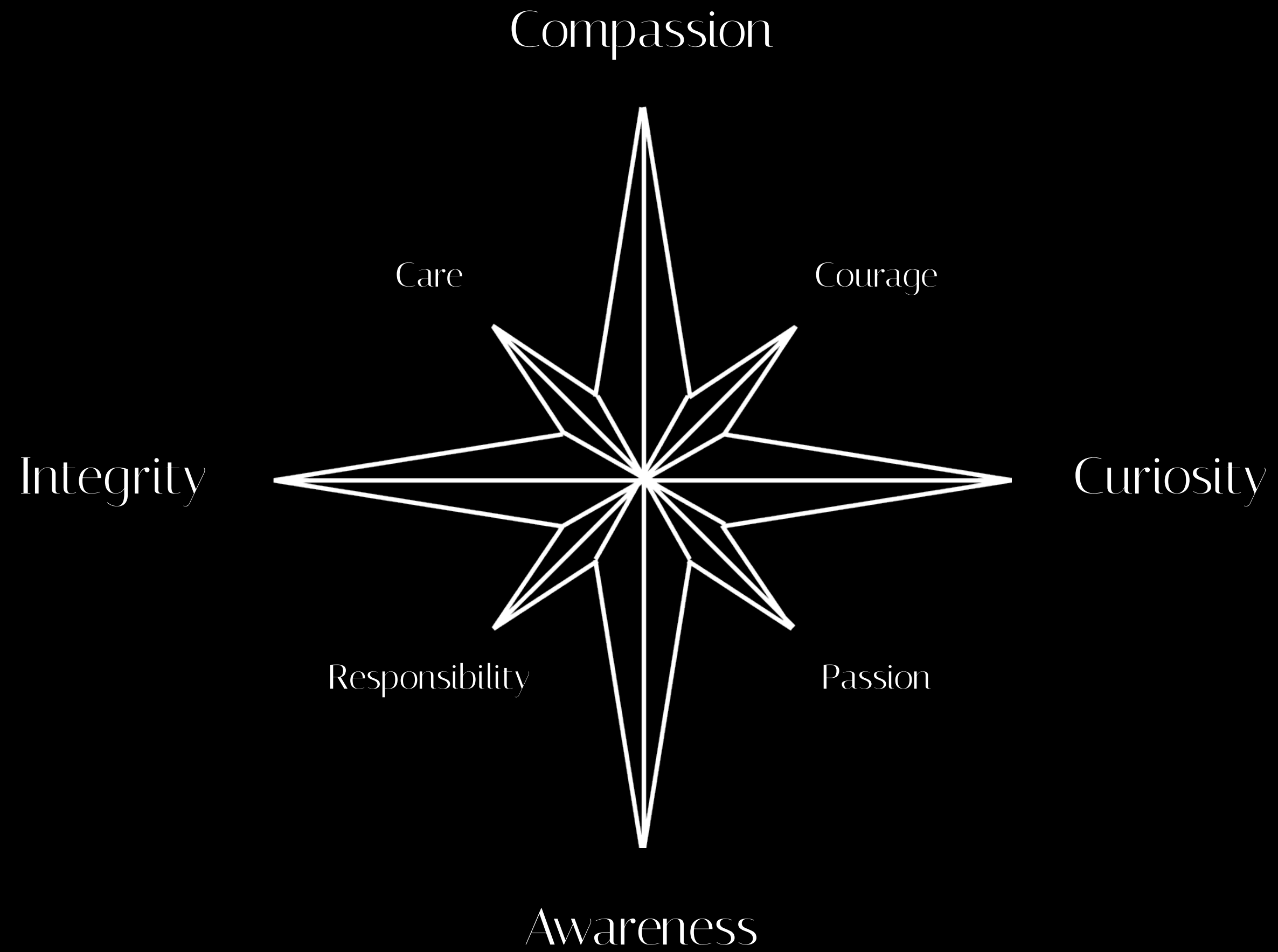
What is your your non-negotiable—the one thing you are absolutely committed to and that you always lead with?



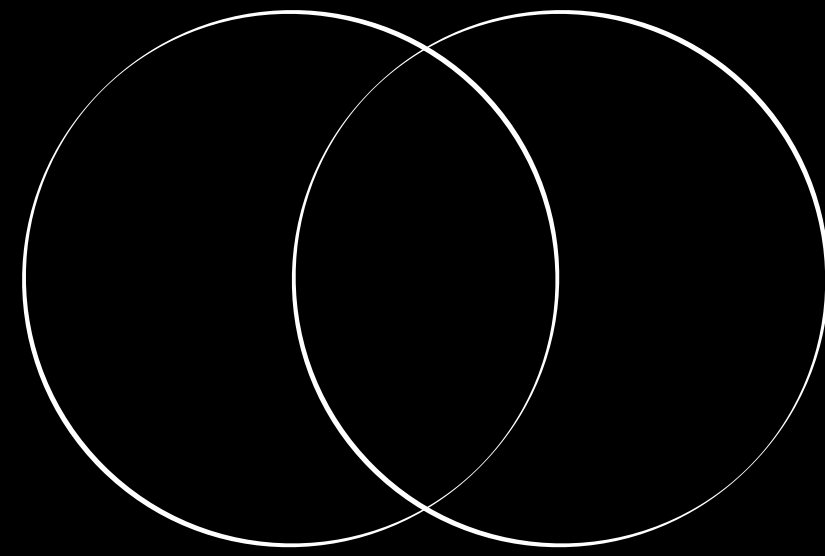
Define your south star.

What keeps you grounded? How do you uphold and advocate for your principles within your practice?

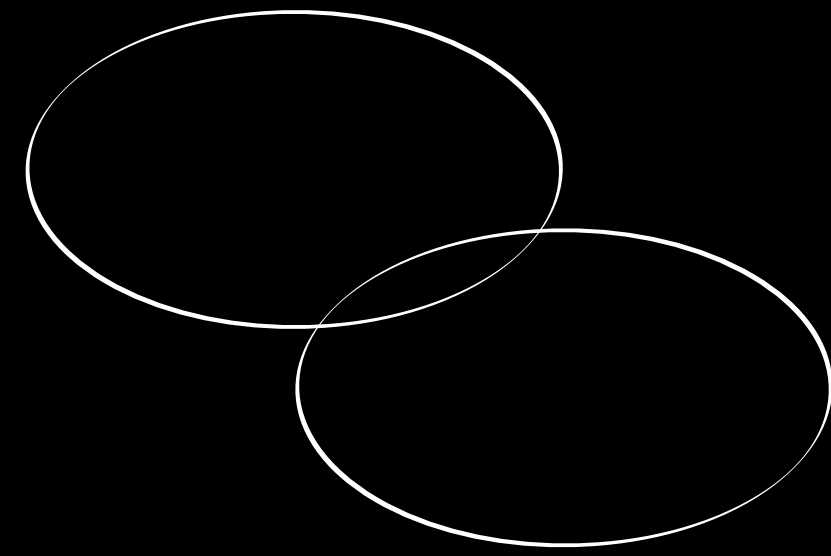




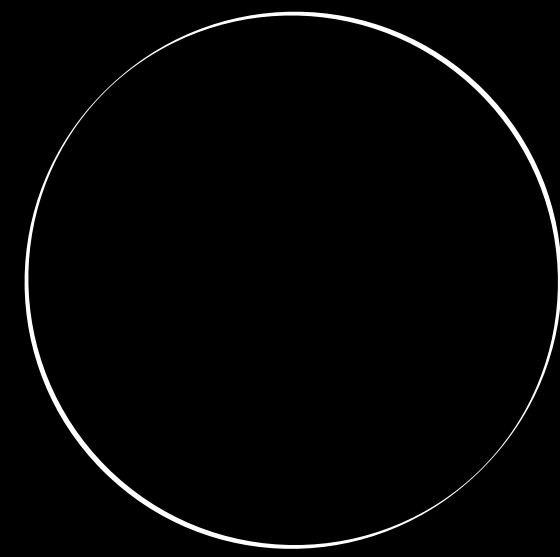
* Mindfulness is
about making space
for another human.



To connect fully and deeply, we need to give others space to share parts of themselves freely and without fear of judgment.



To collaborate effectively, we need to give others the space to shine—to do what they love and foster collective growth. We also need to create the space for everybody's truth to be heard.



To create with intention and integrity, we need to allow ourselves the space to ask questions, consult others, explore fearlessly, and to become educated.

All this so that we can create in ways that inspire and empower the people around us.

Thank you ~