



turning managers into leaders

Merge's Monthly Mega Minute – September 2002

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Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and facilitated workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at www.mergespeaks.com or 403-605-4756

Put on your own “oxygen mask” first

We've all heard the standard safety commentary in an airplane:

“In the event of a cabin depressurization, oxygen masks will automatically drop from the overhead compartment. Please pull a mask towards you and place it completely over your nose and mouth, securing the elastic band over your head. Please secure your own mask first before assisting others.”

Similarly, in life, it's important to put on your own “oxygen mask” before assisting others. Often in difficult and stressful situations, we take the problems of the world upon us, and thus only heighten our own level of anxiety. As a result, we are unable to communicate effectively, and often just worsen the situation instead of resolving it. Don't fall in to the stress trap of worrying about others, without ensuring that your own emotional foundation is solid. Take care of yourself first, and then you will be much better equipped to handle the situation, and any difficult people that come with it!