



## Stay focused and productive through crisis

**FOCUS** resources are science-based, insight-rich, and action-focused. They help people at any level in your organization and are applicable across industries and geographies. **FOCUS** covers the essential habits to practice in three critical areas:



### Take Care of Yourself

Keep your brain in the best possible shape every day



### Look After Each Other

Help others stay productive with the right practices



### Deliver What Matters

Learn to prioritize better and move faster as a team

During difficult times, the human brain goes on a kind of scavenger hunt for **certainty**, **autonomy**, and **relatedness** — to better understand our environment, gain control of the situation, and feel connected to others. Unfortunately, crisis can leave all three in short supply. As a result, we may feel threatened: Our prefrontal cortex shuts down, we lose our ability to think rationally, and we struggle to think clearly.

**FOCUS** is an effective solution for addressing these threats, to help people reengage with their work and concentrate on what matters most. The science of social threat and reward, expressed in the SCARF® Model, can help teams achieve these outcomes.



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