



Contingency Planning and Managing Your Stress

“Contingency planning” has been used a lot lately in reference to planning sorority recruitment. While this might be a new term, it’s certainly not a new concept.

A contingency plan is a plan created for an outcome other than the usual plan when there are many variables and uncertainties. A contingency plan is often created for an exceptional risk that, though unlikely, would have catastrophic consequences.

For our purposes, a contingency plan is your College Panhellenic’s plan to host recruitment in a non-traditional way and allowing for variables like adjusted academic calendars, social distancing guidelines, virtual platforms, etc.

It is critical that you have a “plan B” and maybe even a “plan C” based on different variables like social distancing guidelines already carefully thought through, so that if local health officials change the allowed size of events you are ready to employ an alternative plan to ensure Panhellenic primary recruitment can still occur.

Learn More About Contingency Planning

If you want to learn more about contingency planning, we recommend you start here:

- [Contingency Planning - Developing a Good Plan B](#): Although written within the context of business, we feel the considerations, outlines and information relate directly to preparing contingency plans for sorority recruitment.
- [Strategy Under Uncertainty](#): This article outlines how to build a strategy in times of uncertainty. The article is extensive, but we feel there are two helpful sections to review
 1. The Four Levels of Uncertainty.
 2. A Portfolio of Actions.

These two sections highlight additional resources to help you in creating contingency plans around what information you have and what actions you can take as a result of that information.

- [The Decision Matrix: How to Prioritize What Matters.](#)

Managing Uncertainty & Stress

You might be new to contingency planning or at least new to it in this context. Feeling stressed, anxious, uncertain and overwhelmed is a natural response. To help, we’ve also compiled some resources on how to acknowledge and move through these feelings, as well as break the big tasks into smaller, more manageable action items.

- [Feeling Overwhelmed](#): There are times when stress becomes so intense that it morphs into something called “overwhelm.” This blog post from TalkSpace focuses on clarifying the differences between overwhelm and stress and provides five useful recommendations to acknowledge and address overwhelm when it arises.



- [Managing Stress](#): This piece can help you identify how you respond to stress, describes potential stressors and offers practical steps to move through stress by using healthy coping strategies.
- [The 10 Best Pieces of Advice for Making a Fresh Start](#): Regardless of how you are feeling, sorority women everywhere are experiencing what [Brene Brown](#) calls an [FFT](#) or “Freaking First Time”—something new to all of us that carries with it some level of uncertainty. This is likely not the first new experience you’ve ever encountered, and it will not be the last. This article from *Fast Company* provides encouragement as we face this new horizon together.

At the end of the day, when working through planning for recruitment during this uncertain time, we encourage you to stop, take a breath, take stock and then take the one next best step towards your desired result.