

# MBTI® type tips for living and working in changing times



The MBTI® framework identifies specific activities to help us deal with the changes and practice self care in challenging and uncertain times.

Here are a few tips that we can use to lean on the best sides of our MBTI personality types:

## ESTP - Energetic problem-solver

- Talk with like-minded people
- Observe what is going on around you
- Notice the problems that need to be solved in your immediate environment
- Identify what is doable and do it immediately or as soon as possible
- Include others in your projects. Seek and provide practical support to others.
- Intersperse your day with a variety of tasks
- Choose a recreational activity or hobby that requires considerable energy
- Manage your energy take breaks to eat!



## ESFP - Enthusiastic improviser

- Create a project to support those needing care and attention in the community
- Involve others in your project
- Look for common sense solutions to problems
- Have fun working with people to get the job done
- Discuss positive things about your work
- Get to know your co workers
- Fill your day with a variety of tasks
- Listen to or play music
- Exercise



## ENFP - Imaginative motivator

- Gather information about the situation and talk about it with others
- Notice how people around you are affected by the situation and offer them support
- Verbalise the positive possibilities in the situation along with the losses
- Give and seek affirmation
- Identify a creative work project that you can immerse yourself in
- Take frequent breaks when performing routine tasks
- Practice mindfulness techniques
- Try meditation



## ENTP - Enterprising explorer

- Notice patterns and trends in the environment.
- Analyse them and devise strategies for managing the crisis, both at work and in your community
- Share your ideas for change and the future
- Find out of the box solutions to challenging problems
- Use your understanding of people to motivate them to modify their behavior
- Reconsider your expectations
- Watch television
- Take up yoga



## ESTJ - Efficient organizer

- Prioritise problems that need immediate attention and take action
- Organise and plan access to resources
- Create structures and processes to get things done and include others when you are making them
- Pay attention to the specific details when executing tasks
- Take a moment to think about the wider ramifications of actions you are taking
- Make time to attend to the emotional needs of coworkers and family members
- Listen to or play music
- Watch television
- Go for a walk while taking care to maintain social distancing



## ENTJ - Decisive strategist

- Take charge of situations where clear directions and actions are required
- Analyse the situation and develop plans for the short term and long term.
- Anticipate and plan for the future needs of your coworkers, family members and community
- Maintain a balance between directing and listening
- Pay attention to specific details while making and implementing plans
- Listen to others' expression of their emotional needs
- Listen to or play music
- Go for a walk while taking care to maintain social distancing



## ESFJ - Supportive contributor

- Gather lots of information about the situation and talk about it
- Use your empathy to understand the needs of coworkers and family members and offer practical care
- Appreciate others and yourself for every positive action taken
- Include others when creating structures and schedules to complete tasks
- Design rituals and traditions that can bring people together virtually
- Guard against becoming overly sensitive and imagining slights where none was intended
- Develop a practice of appreciating all that is beautiful in your life
- Practice mindfulness techniques

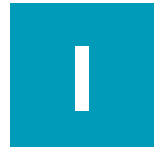


## ENFJ - Compassionate facilitator

- Gather information by talking to people and build an inner picture of how harmony can be created
- Use your understanding of the diverse needs of people around you to facilitate consensus
- Make time to listen to what is important to people around you
- Offer appreciation for the commitment demonstrated by people
- Offer idea and suggestions for personal growth
- Guard against becoming overly sensitive to criticism
- Remember that a conflict is sometimes the creative tension that is necessary for new ideas and solutions to emerge
- Practice mindfulness techniques



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## ISTJ - Responsible realist

- Give yourself some quiet time to identify the changes in your environment and how they have impacted you
- Gather information and updates about the situation from reliable sources
- Review and readjust expectations of yourself and others
- Create a daily routine for yourself that balances your work tasks with your household chores
- Set up practical systems to keep yourself and others engaged and safe
- Share best practices with your friends and co workers
- Enhance your work tasks by learning relevant tools and applications
- Exercise



## ISFJ - Practical helper

- Give yourself some quiet time to think about how the current changes are impacting you and those who are significant to you.
- Check in with family members and colleagues to understand the support they are looking for.
- Set realistic expectations for yourself and others and create a structure/schedule that allows you to meet the practical needs of those who are significant to you
- Share with others, family and co workers, how you would like to be supported by them
- Appreciate yourself and others for all that has been accomplished
- Select a home project that you've been wanting to do, but not had time
- Exercise



## INFJ - Insightful visionary

- Give yourself some quiet time to think through the possibilities of what the implications of this change are for you and the people around you
- Use your empathy to understand their feelings and motivations
- Build a plan of action that can benefit your family and co workers
- Gather information that can help you develop a global understanding of the situation
- Incubate new projects at work
- Reflect on why the work you do matters
- Practice mindfulness techniques



## INTJ - Conceptual planner

- Gather information and give yourself time to build an internal picture of the situation
- Analyse the situation and identify possibilities that may have been overlooked
- Use your insights to build a system that anticipates situations that will arise in the future
- Identify emerging opportunities in your work
- Volunteer in community projects in the planning phase and contribute your ideas
- Exercise
- Identify a hobby you are interested in cultivating and read about it
- Connect with important relationships





## ISTP - Logical pragmatist

- Stay curious and notice the information that is registering on your radar.
- Recognise the logical criteria being used by you to filter the information
- Evaluate what's working and what is not
- Engage in projects where quick decisive action is needed
- Share your internal analysis with others so they understand your decisions
- Ask for support from others where needed
- Make time to understand the emotional needs and values of coworkers and family members



## INTP - Objective analyst

- Gather a lot of information at your own pace
- Build an independent big picture of the situation
- Ask for the time you need to reflect before arriving at any decision
- Identify a new problem to work on
- Ask coworkers and family members how you may support them
- Learn a new skill at work or perfect one you already have
- Pay attention to your physical needs
- Practice meditation
- Exercise



## ISFP - Versatile supporter

- Gather information on what's going on and give yourself time to adjust to the situation at your own pace
- Reconnect with your values
- Deepen your relationships
- Share with others what is important for you at the moment
- Explore what is important for people who are significant to you
- Clarify expectations and watch against overextending yourself
- Appreciate yourself
- Develop a spiritual practice



## INFP - Thoughtful idealist

- Take time to gather and process information relating to the situation
- Reconnect with what has heart and meaning for you and make decisions based on it
- Explore the opportunity for personal growth in the current situation
- Reflect on the possibilities for positive change in the future in the face of this crisis
- Help others discover what has heart and meaning for them
- Identify a new work project that is original
- Practice mindfulness techniques
- Exercise

