

## **A "What If" Question Saves the Day.**

*Submitted by Susan Kastan*

When I packed to leave I had the feeling that I should have a contingency plan. The thought "what happens if I get stuck at JFK?" floated in and out of my head. Something told me it was time to entertain that thought.

Being proactive, I took a few precautions. I wore comfortable clothes instead of fashionable ones on the plane. I made sure I had cash on hand. I charged all of my electronic devices. I put snacks (and Advil) in my carry-on. I shipped my valuables home separately. And, I made sure to get stranded in a city that doesn't sleep.

All this preparation didn't totally eliminate that sinking feeling when the ticket agent said that my flight left without me. But, it did help me recover faster mentally. It helped me get the critical thinking and evaluating part of my brain back sooner. Preparedness helped me gain an edge.

So, the next time you get that nagging feeling, take a minute and play the "what-if" game. Ask yourself questions like:

- What if this doesn't go as planned?
- What if I can't return to my home?
- What information could I possibly need?

Most importantly, don't be afraid to ask for help. The really smart people always do.