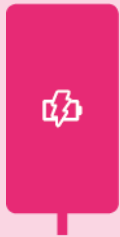


Working Well in 2021

Give yourself a boost with our guide to working well in 2021. Based on the 5 Pillars of Resilience, an evidence-based model for building resilience, it is full of practical strategies you can put into practice straightaway.



Energy

Feeling sluggish? Take control of your energy as you fuel and refuel:

- Create clear boundaries around your working day – take regular mini breaks to re-energise
- Schedule meetings wisely – not too early or too late, and certainly not too long!
- Stock up on healthy, nutritious snacks to keep you powered up all day long



Future Focus

Looking for a sense of purpose and direction? Find your future focus for 2021:

- Set short-term goals you can achieve in the next 3 to 6 months
- Create a vision: what is your bigger picture for life after Covid-19? How could you start to move it forward today?
- Share your priorities with colleagues and family and get their support in making them happen



Inner Drive

Lost your drive? Put yourself back in the driving seat:

- Take time to acknowledge what you've learned from the challenges you've faced
- Get to know your strengths: ask trusted colleagues and friends
- Boost mental energy by connecting with others and finding positives



Flexible Thinking

Feeling stuck? Looking for a new perspective? Develop the skill of flexible thinking and access your inner creative:

- Challenge your assumptions with one simple question: 'What else might be true?'
- Notice what others do well and ask them how they do it
- Move your workspace to a window and invite some blue-sky thinking!



Strong Relationships

We can't do anything alone. Build trust-based, supportive relationships even when you're remote:

- Have open conversations with colleagues about how you can best support each other
- Everyone's experience of C-19 is different. Check in with colleagues and take time to listen
- Build 10 minutes into your meeting agendas to allow for personal check-ins