

Blueprint to Thriving in Uncertain Times

1 THIS TOO WILL PASS

You probably didn't include Covid-19 in your plans for 2020 and the situation may feel surreal. It's natural to not feel yourself, to be anxious or tired. Remember, this is not forever, it's just for now.

2 IT'S OK TO NOT FEEL OK AND YOU ARE OK

If you're finding some days are tough, be gentle with yourself and, if need, reach out for help – we're all here to support each other. Sharing your feelings and giving yourself permission to cry, vent or rage is OK.

3 YOU ARE STILL THE CAPTAIN OF YOUR OWN SHIP

Overwhelm can feel like loss of control. Choose to differentiate between what will keep you afloat and what you need to let go of. Directing your focus to what will support you best makes each day feel more manageable.

4 PRACTICE AN ATTITUDE OF GRATITUDE

The barrage of bad news is relentless and depressing. Remembering the good and expressing gratitude for what you have will keep you in a more positive frame of mind, raising optimism and hope.

5 YOUR SUPERPOWER OF ROUTINE

Adapting to massive change is hard especially when the initial novelty of working from home has worn off. This is where your superpower of routine in self-care makes the difference. The gym may be closed but what are the other options? Check how you're going with your sleep, nutrition and level of physical activity, all of which play a vital role to your mental wellbeing.

6 QUIETEN THE MONKEY CHATTER

If your brain is feeling fried and stress is preventing you from thinking, seek ways to calm your mind. Mindfulness or other forms of meditation, simple breathing exercises (three slow breaths) or going for a walk all help to release muscular tension and lower stress.

7 DOWN TIME

Working from home can make you super productive but don't overdo it! Work your regular hours and then stop. Taking time out for regular breaks during the day and finishing on time will keep you fresh, motivated and working well. Then, it's time to relax and play ☺

8 STAY CURIOUS TO POSSIBILITY

When things feel impossible, it's easy to get bogged down by what's missing in your life. Staying adaptive and solution-focused includes taking the time to learn new skills and reflect on what's going to help you the most in the future.

9 GET CREATIVE

It's said crisis is the mother of invention and it's true. It's time to unleash your imagination to come up with new insights and ideas to help you, your colleagues and others.

10 STAY CONNECTED

Our virtual world can be isolating and lonely. How do you connect with others every day? Reaching out to others binds us together and provides a sense of belonging. Schedule your connection appointments every day using Messenger, Zoom, WhatsApp or your favourite social media channel.