

Bring On The Joy

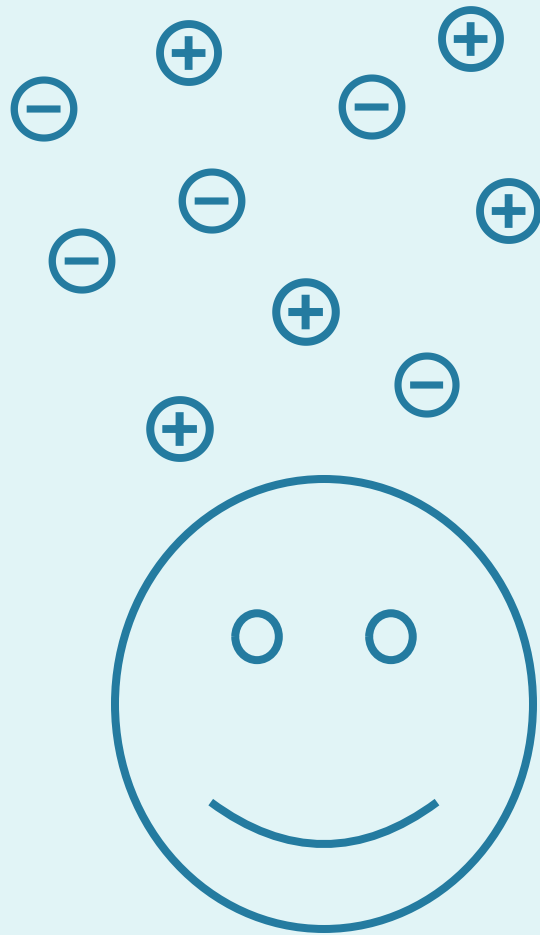
with

Jessica Holmes

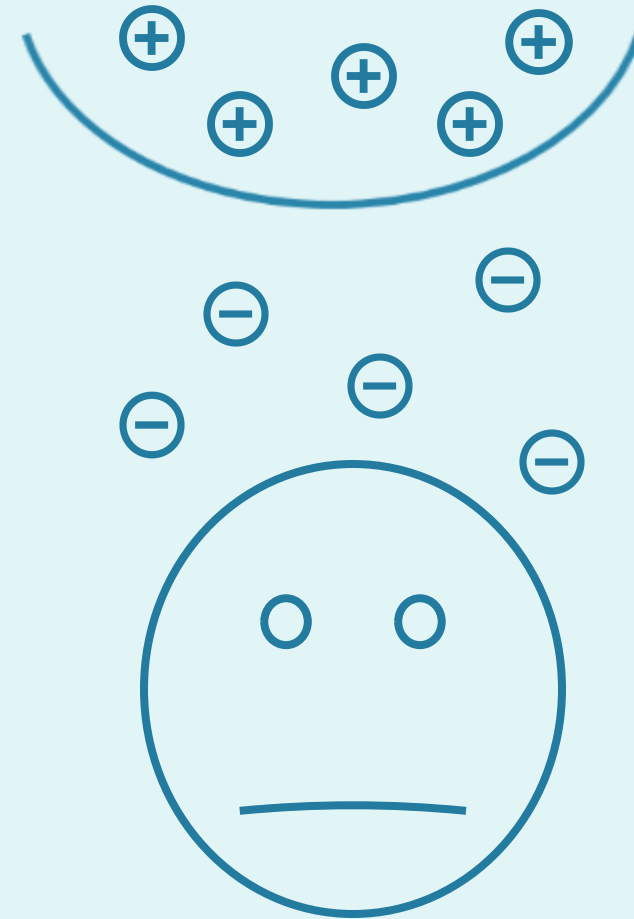


This time, it just might work...



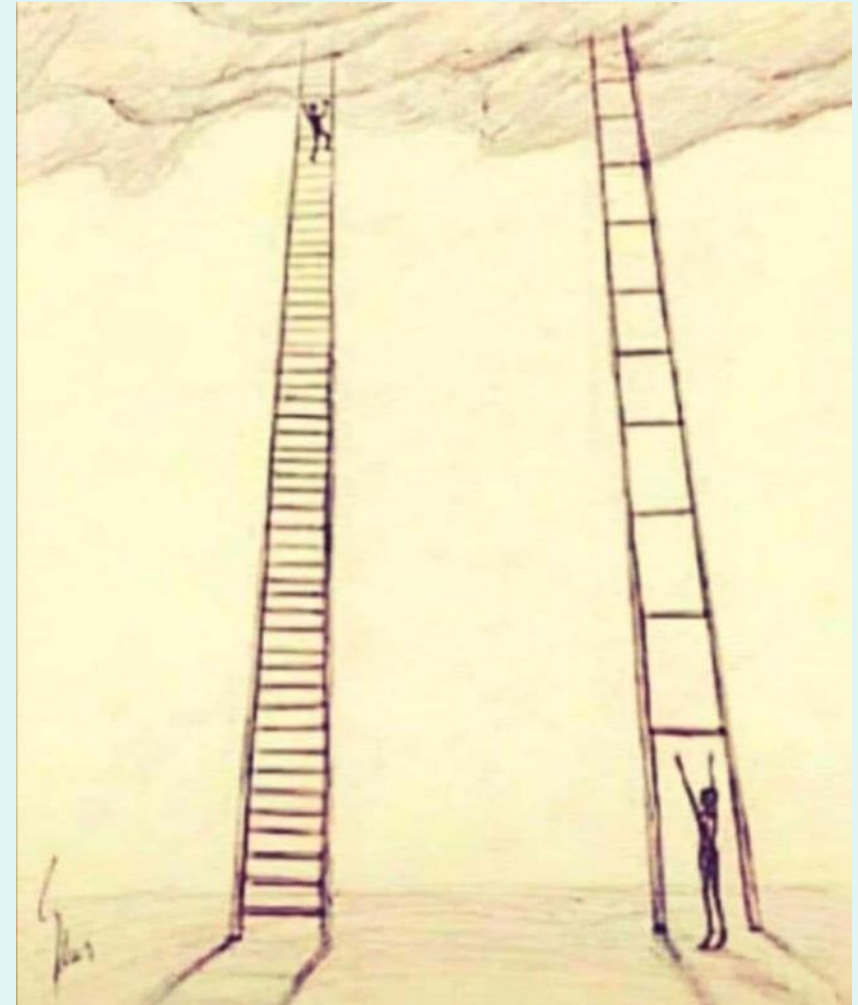


Not Depressed



Depressed

The importance of small steps



doing better



Old Thinking

Mental
health



Mental
illness

New Thinking

Good mental health

No mental
illness

Mental
illness

Poor mental health

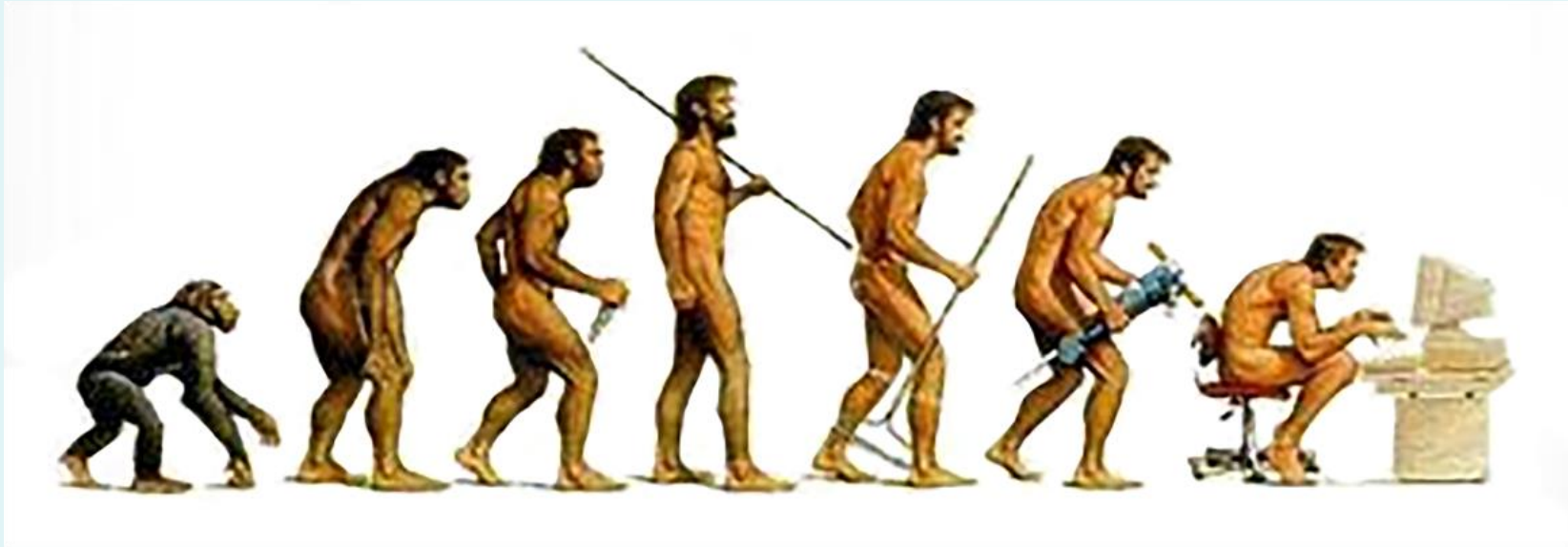
Balance stress with self care



With exercise, everything counts.

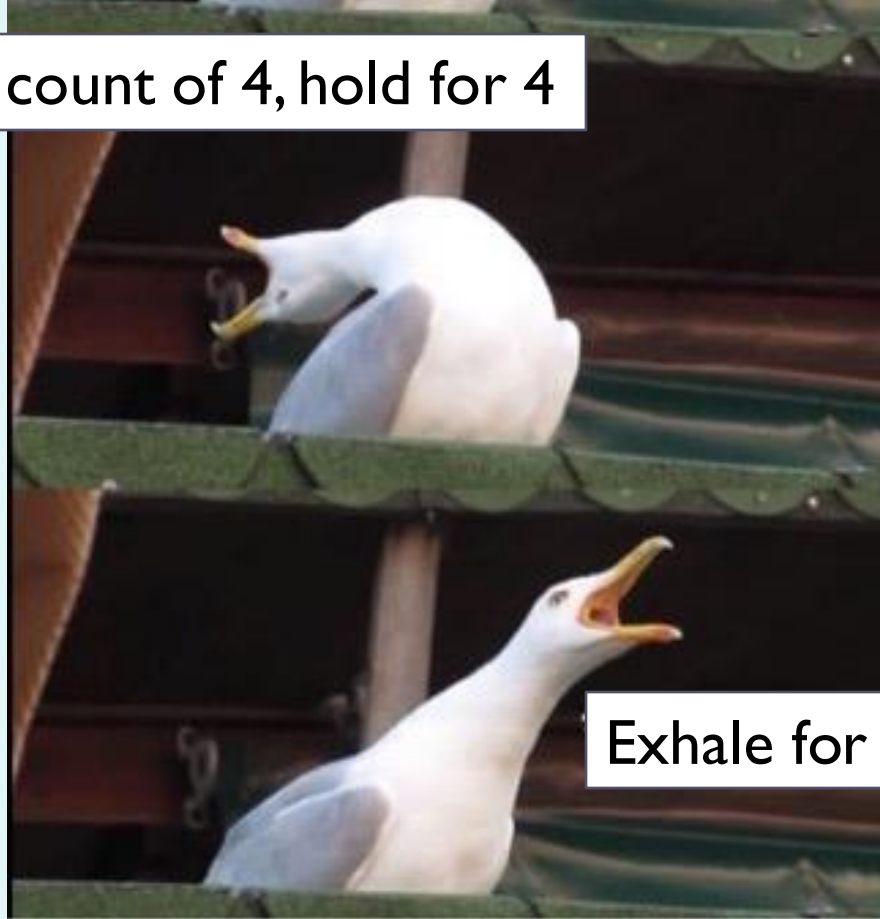


Set a timer on social media.



Deep Breathing

Inhale for a count of 4, hold for 4



Exhale for 4, hold for 4

(repeat 4 times)

What is the main predictor of wellbeing at work?

- a) proximity to the office
- b) positive relationships with colleagues
- c) a robust health benefits plan
- d) a flexible return-to-office policy

Happiness is lateral





What energizes you?

Think back to a
challenging time...



Think back to a
challenging time...

What inner strength,
strategy or belief got you
through it?



Think of a day when you were at your best at work; feeling proud or fulfilled.

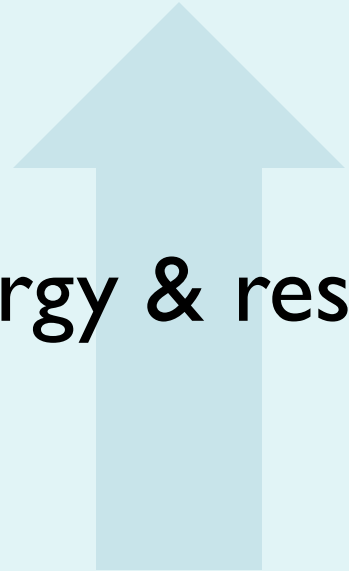


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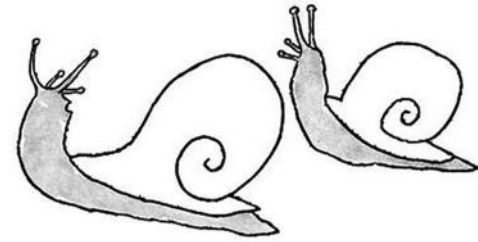
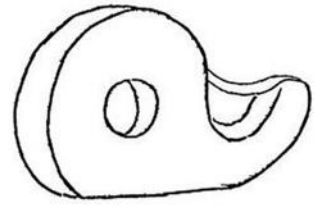
Which of your strengths or values had you used that day?

Using YOUR values at work = increased energy & resilience



Humour & Resilience





S. GROSS

"I don't care if she is a tape dispenser. I love her."



"You do the best you can with what you know at the time. Then you forgive yourself and you move on."

Fun

Deep breathing

Friends

Laugh

Social media break

Live your values



Boundaries

You are:

Simply the best,
Better than all the rest,
Better than anyone,
Anyone I ever met.

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with

Jessica Holmes

