

# Some answers when you don't have all the answers:

## *How to re-energise yourself and your teams despite lock downs*

### Shift your mindset

Adopt a creative mindset by asking a (design thinking) inspired question like “How might we generate more joy in this lockdown?” And working within the constraints we have (vs trying to resist them),

**Some inspiration:** What is that skill I have always wanted to learn: Virtual singing lessons, dancing classes, and/or cocktail classes?

### Turn emotion into action

Remember to not take on everyone's emotions as it can become a heavy burden, instead move into 'compassion' by turning emotion into action.

Give your team the tools, resources, and guidance but ultimately, it's also on our teams to be accountable for their wellness as well.

**Some Inspiration:** If you're leading a team why not try this: First thing Monday jump into a meeting and talk wellness and initiatives for people to get involved with for the week. It's a great way to set the tone for the week.



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### Create a collective charter

RUOK has been igniting the thought of "It's okay to..." in LinkedIn and inviting people to comment. For example, "it's OK to take a mental health day" or "It's OK to log off early".

**Some Inspiration:** Try creating a session for everyone to discuss what you guys as a team think "it's okay to..." and vote on the Top 10 so that this can become a team charter or ethos that will help everyone own what they need to give themselves permission for.

### The simple power of gratitude

With a heavy tone coming at us in company emails and news outlets just taking a moment to send a note around to ask the team what they could be grateful for this week helps to shift the energy and get people back focused on the good things that are around us.

### Turbo-charge the start of your day like Tony Robbins

He sets up his day with three minutes of gratitude, three minutes of planning out his goals for the week, and three minutes of sending love and good vibes to those around him.



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**Channel George Bernhard Shaw**

George said:

***"We don't stop playing because we grow old, we grow old because we stop playing"***

How can we get back to the things we loved to do as kids?

Art class, dancing, play with our animals, card games, discover a new spot through lockdown, laughter yoga, comedian class, pass round the kids 'broccoli face' app. you get the idea.

